

DoD Ergonomics Working Group NEWS

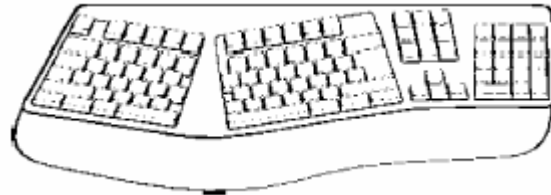


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<http://chppm-www.apgea.army.mil/>

ERGO FAQ

Do alternative (“ergonomic”) keyboards REALLY reduce carpal tunnel? What is the hard evidence that these keyboards are money well spent to reduce office injuries?



It is true that alternative keyboards are designed to promote improved hand, wrist, and forearm posture and, if used properly, *may* lead to less fatigue and discomfort. However, **there is no conclusive data to show that alternative keyboards alone actually reduce injury rates.**



As with your workstation desk and chair, keyboards are not “one size fits all.” We strongly suggest that, prior to investing funds in purchasing these alternative keyboards, you **TRY THEM** on a trial basis for about a week or two. It will take some getting used to typing on a split, tented, or negative slope keyboard—

we have found that people either really like them or want no part of them. **Keep in mind, to accurately “test” these alternative designs, the correct wrist rest and keyboard tray must be used to match the style of the keyboard.**

Detailed information on alternative keyboards is available online:

- **“It’s a Fact: Your Computer Workstation Should Include the Right Keyboard for You,”** a DoD EWG publication
<http://chppm-www.apgea.army.mil/ergowg/Factsheets/FSI8.pdf>
- **“Alternative Keyboards,”** a NIOSH publication
<http://www.cdc.gov/niosh/pdfs/97-148.pdf>