

KEYBOARD TRAY ADJUSTMENT PROCEDURE FOR A MORE COMFORTABLE, NEUTRAL, ARM AND WRIST POSTURE

1. Distance Adjustments

Establish the distance between yourself and the keyboard / keyboard tray so that, when your hands are just above the keyboard, your upper arms are at your side.

2. Height Adjustments

Set the keyboard / keyboard tray to the height at which, your hands are just above the keyboard, your lower arms are between horizontal and 10° below horizontal.

3. Tilt / Inclination Adjustments

Set the angle of the keyboard tray so that, when your hands are just above the keyboard with your fingers touching the keys, your wrists are about $\frac{1}{2}$ inch above the wrist rest, and your hands aligns with your lower arm.

