

Appendix14

POEL9I Using a Mouse

Intensive use of a mouse, trackball or similar pointing device may give rise to aches and pains in the fingers, hands, wrists, arms or shoulders. This can also happen with a keyboard. Most mouse work concentrates on activity on just one hand and arm (and just one or two fingers) and this intensity may make problems more likely to occur.

Risks can be reduced by adopting a good posture and techniques, i.e.

- Place the mouse close to you, so that it can be used with a relaxed arm and straight wrist without over-stretching, and adjust the position of your keyboard to ensure you have support during pauses between keying.
- Support your arm on the desk or armrests of the chair. Do not over-reach.
- Don't leave your hand on the device when it is not being used.
- Take frequent breaks and short pauses.
- Use good keyboard techniques: wrists straight, a soft touch on the keys and do not overstretch your fingers.

If you have tremors in your hand or finger problems, a **stationary mouse** is the best option. However, if you are still finding the mouse awkward, there are alternative shapes and sizes, or even an alternative device such as a **trackball mouse**.



A **roller mouse** is good for neck and shoulder issues.



A **vertical mouse** is more effective generally than a mouse mat and keyboard rest (as users tend to swivel their wrists). If possible, trial one before purchasing.



The **Microsoft Arc** and **cordless Trackman optical** are types of mouse that allow the hand and wrist to work in a more natural position:



A **mouse bean** provides good wrist support, and is very useful if the user has carpal tunnel syndrome:

