

I'm continually surprised by the angle most keyboards are set at when I sit down at a computer to work on it. Easily 90% of Dell keyboards, whether in labs or faculty and staff offices, have their rear feet extended, raising the back of the keyboard, creating a forward slant. This is the worst angle in terms of ergonomics and encourages the user to increase tension in his or her wrists. While you can adjust the angle of your wrists independent of the keyboard angle, it's too easy to slip into an unhealthy position if the keyboard encourages it. Apple keyboards are even worse; the angle is fixed.

I've included below a few links that discuss wrist positioning. You can find many more, I'm sure.

<http://www.health.com/health/library/mdp/0,,zm2597,00.html>

<http://www.ergomatters.co.uk/blog/rsi/forearm-extensor-muscles-wrist-position-and-rsi/>

<http://www.ptjournal.org/cgi/content/abstract/83/9/816>

I know many of you, as well as myself, suffer the consequences of unhealthy keyboarding. So do yourself and your wrists a favor and set up your workstation to minimize the strain on your wrists.