5. If you have a broad chest, consider a "split" keyboard.

   Split keyboards divide the keyboard into two halves, each of which points slightly outwards. The outward angle lets your wrists and forearms point inward without requiring your elbows to come in as far, better conforming to the contours of your body. Conversely, thinner people may find a traditional "straight" keyboard more comfortable.

Tips for Healthy Keyboard Usage

1. Use a light touch when typing (don't bang on the keyboard!).

   Try to use the minimum amount of force necessary to depress the keys. The tendons from your fingers connect near your elbow, so striking the keys too hard can lead to problems you might not associate with your keyboard-for example, pain and inflammation in your elbows (Epicondylitis or tennis elbow).

2. Keep your wrists in a neutral (straight) position—not bent up or down.

   Repeatedly bending your wrists up and down (extension and flexion) compresses structures inside the carpal tunnel in the wrist. This can cause pain and lead to injuries like carpal tunnel syndrome. When you're typing, your forearms tend to sag as the arms tire, putting the wrists into even greater wrist extension-another good reason to take frequent stretch or rest breaks!

3. Keep sure your elbows at a slite ure celbe tanetion 47829(t)-2.5.3 29(t)-25789-0.479431(u)-478[(i)-2.

6. Stay centered on the lettered part of the keyboard.

    Keyboards aren't symmetrical. Letter keys are on the left and the numeric keypad is on the right, but most people center themselves with the entire keyboard or keyboard tray-not the letters! This puts the keyboard a little too far to the left. If you use the letters most, it makes sense to align yourself with that section—the "B" key should be about in line with your belly button.

7. Consider using a voice recognition software program.

    Voice recognition programs allow you to dictate to your computer and free yourself from the keyboard. There are a number of commercially available programs. Be aware, however, that this can lead to new problems such as voice loss!

8. Consider using keyboard shortcuts or macros to repeat common tasks.

    Many of the commands available through menu choices can also be accomplished by using the keyboard. (For example, Ctrl-C can be used to copy text.). Some programs also allow you to automate common tasks (such as formatting a document or inserting your address) with scripts called macros. You can even buy software programs that allow you to easily record macros for any software and assign complex key sequences. These can significantly reduce the amount of typing you need to do.