Input Devices

- **Mouse**
  - Use in proper position
  - Use close to body
- **Alternatives to Mouse**
  - Trackball
  - GlidePoint
  - Stylus Pen
- **Voice-Activated Computers**
  - 20 - 80 words per min.
  - Strains voice

Mousing Technique

NO

NO

YES

PNNL

No Hands Mouse

Kewl's No Hands Mouse
http://www.new-kewl.com/spots/spot-nohands.html

Speech Recognition

- Dragon Systems' DragonDisctate
  - http://www.dragonsys.com/
- IBM's VoiceType
  - http://www.software.ibm.com/is/voicetype/
- Kurzweil's Voice
  - http://www.kurz-ai.com/
- PowerSecretary (Mac)
  - http://www.dragonsys.com/

Pointing Devices

Felix
http://www.altra.com/

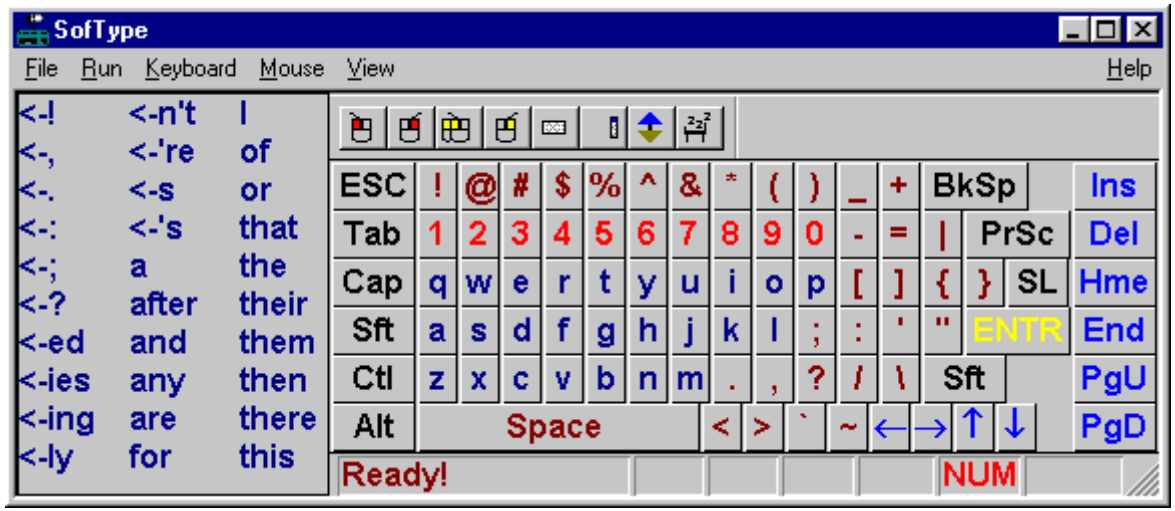
ITAC Evolution
http://www.mousetrak.com/

Alps GluidePoint
http://www.alpsusa.com/gpoint.html

Kensington Thinking Mouse 5.0
http://www.kensington.com/products/
orbit_frames.html

Kensington Expert Mouse 5.0
http://www.kensington.com/
products/orbit_frames.html

Head Mouse



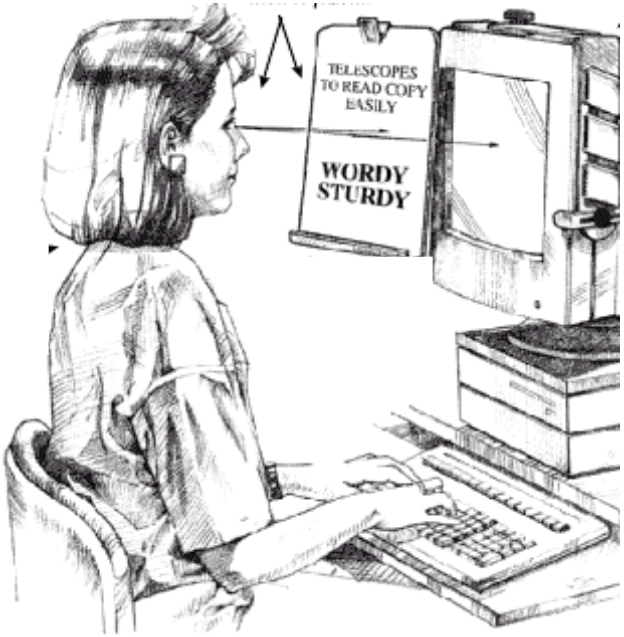
Head Mouse
http://orin.com/access/

Other Helpful Tools

- Copy Holder
- Telephone Headset
- Fat Pens
- Timers
- Wrist Rest

Copy Holders

Ergonomic Copy holder
http://www.spinneret.com/ergopro/document.html



Wordy Sturdy copy holder
http://www.wordysturdy.com/home.html

Keyboard and Wrist Rests

Ergonomic Products ProCombo Rest
http://www.spinneret.com/ergopro/prorest.html

Head-Hatcher's Adjustable Wrist Rest
http://www.protocom.com/protomall/pycco/mh/4320.html*c

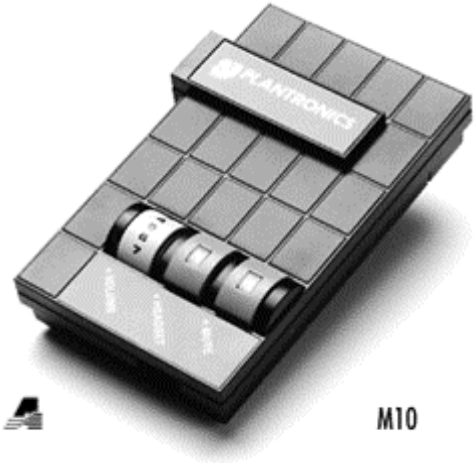
Keyboard and Wrist Rests

Ergonomic Products Laptop CapalRest
http://www.spinneret.com/ergopro/carpal.html

Mouse Nest
http://www.alimed.com

Phone Cradling

Telephone Headsets



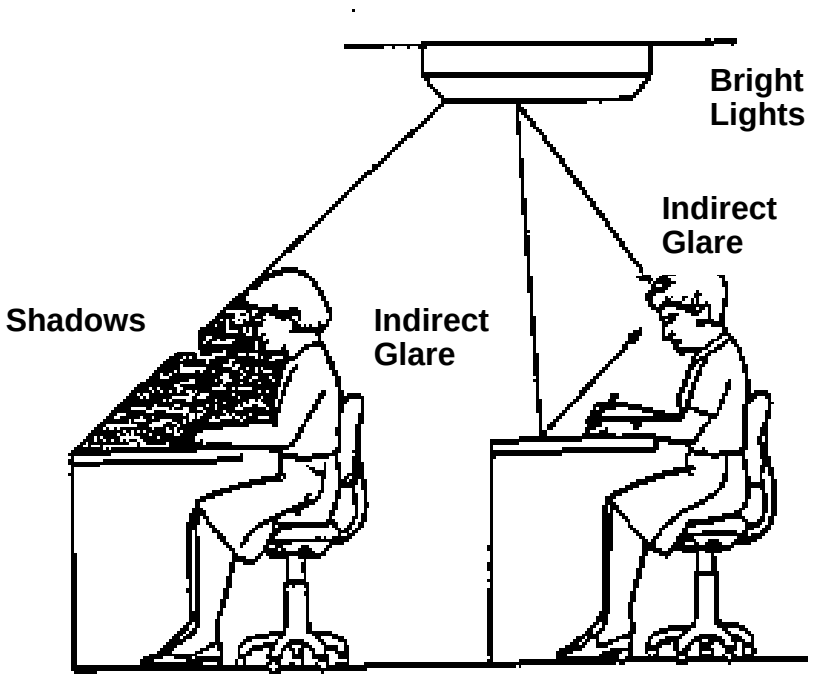
Plantronics Telephone Headsets
http://www.plantronics.com/products/productst.html

Environment

- Proper Lighting, Avoid Glare
- Quiet
- Minimize Stress
- Proper Temperature
- Proper Reach Envelope

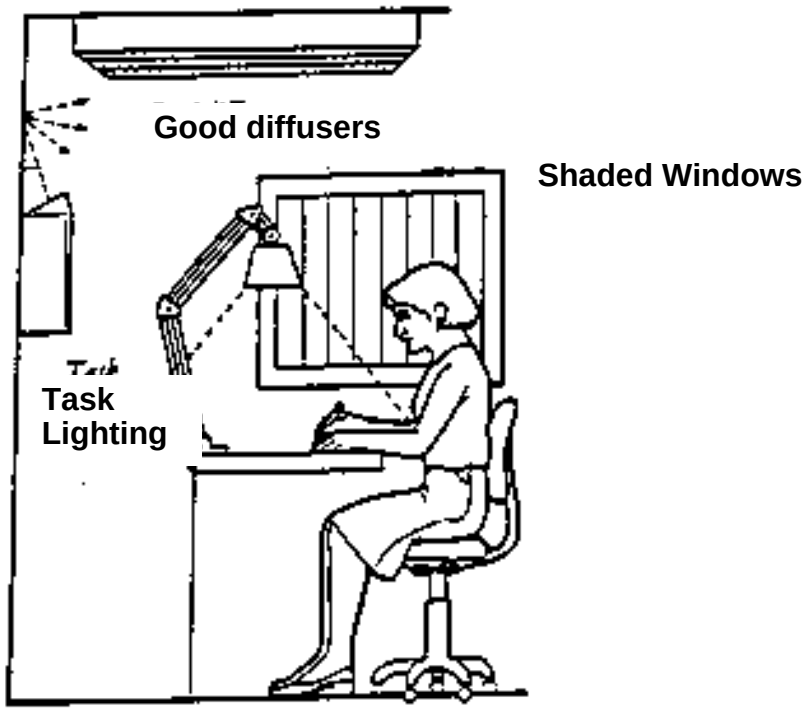
Environment

Overhead Fluorescent Glare



NO

Task Lighting



YES

CMI, 1993

Use Healthy Work Habits

- Distribute Task Load Over Time
- Minimize Time Stress
- Minimize Other Stress
- Take Breaks
- Stretch
- Keep a clean work area