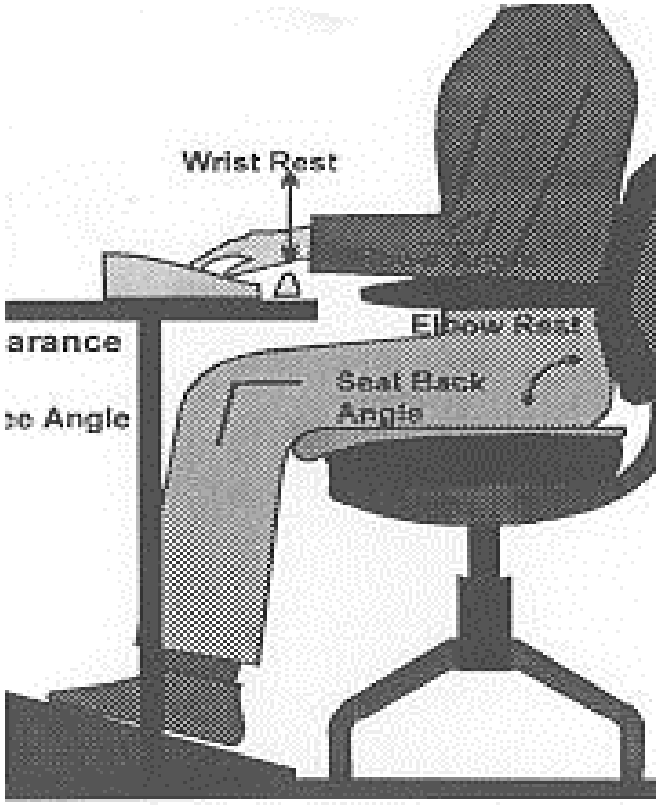
Keyboard

- Dvorak Keyboard
- Consider Using an Ergonomic Keyboard
  - Adjust carefully
  - No proof of superiority yet
  - Check feel of keys
- Typing Posture
  - Place at About Elbow Height
  - Consider Tilting Away from the Body (Negative Tilt)
- Typing Style
  - Don’t Slam Keys
  - Rest Thumbs
  - Avoid Reaching with Pinky

Typing Technique



Typing Technique - Wrists

NO

Typing Technique - Wrists

NO

YES

PNNL

Typing Technique - Wrists

NO

Typing Technique - Wrists

NO

YES

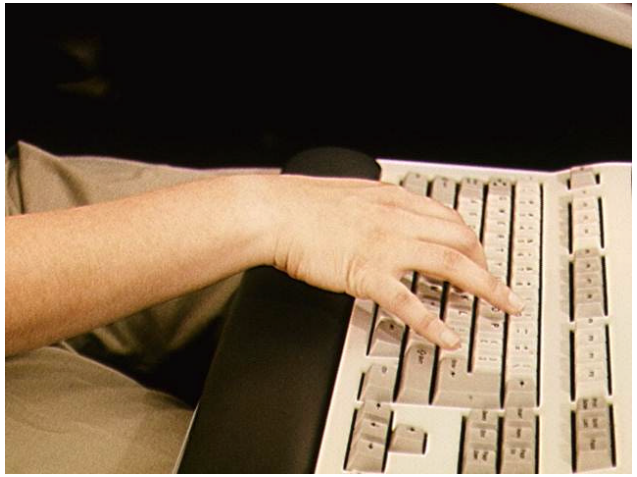
PNNL

Typing Technique - Fingers

NO

Typing Technique - Fingers

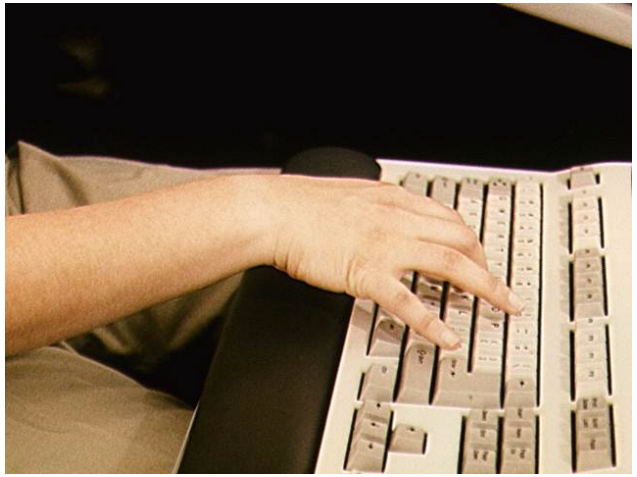
NO



NO

Typing Technique - Fingers

NO



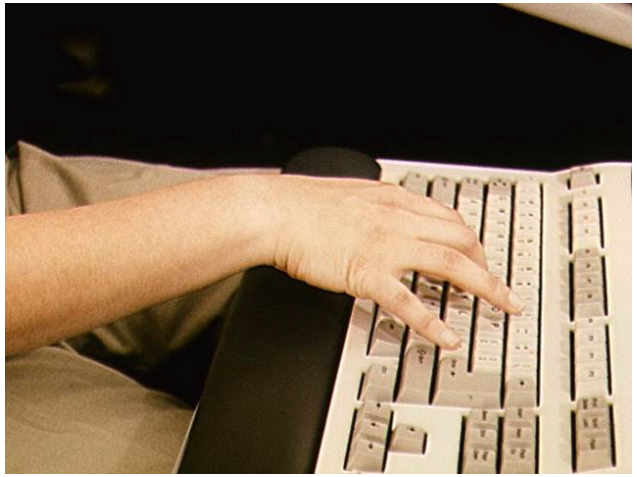
NO

NO

PNNL

Typing Technique - Fingers

NO



NO

NO

YES

PNNL

Dvorak Keyboard

Static Split Keyboard

ErgonomiXX's MyKey Keyboard
http://www.intr.net/mykey/

Comfort Keyboard

Cherry's G80-5000 Keyboard
http://www.industry.net/cherry.electrical

Scultpted Keyboard

DataHand
http://www.datahand.com/

Chording Keyboards

Infogrip's BAT
http://infogrip.com/