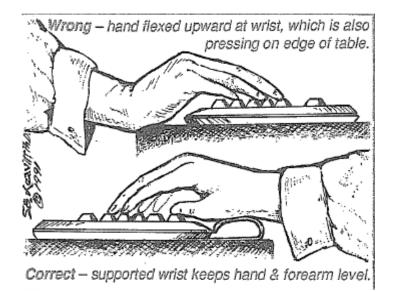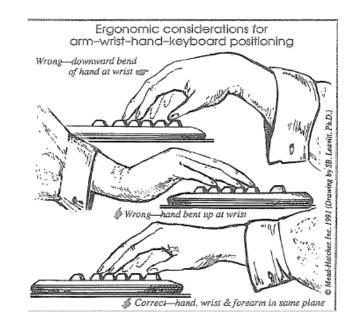# Office Ergonomics–Wrist Position

An ergonomic design in office settings has become increasingly important, particularly because of the increased use of computers. Employees can do so much work with a computer; as such, they end up staying in the same position for long periods of time. Good furniture and posture thus become more important than ever.

- **DO** – sit close to work; maintain good sitting posture; sit in a chair low enough to place both feet on the floor.
- **DON'T** – slump; sit for long periods of time (more than 30 minutes) without getting up.

Wrong – hand flexed upward at wrist, which is also pressing on edge of table.

Correct – supported wrist keeps hand & forearm level.

Ergonomic considerations for arm–wrist–hand–keyboard positioning

Wrong—downward bend of hand at wrist

Wrong—hand bent up at wrist

Correct—hand, wrist & forearm in same plane

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- Wrists are more likely to be relaxed if the forearms are angled slightly downward
- Elbows should be at the sides of the body
- Fingers should just reach the keyboard comfortably to minimize sideways bending of the wrists
- Sharp edges of desks should not press against the wrists
- Palms should be off the keyboard

- Hands should not bend up or down
- During continuous keyboarding, a 10 minute break each hour is recommended