

Title:

Computer Ergonomics: Keeping Your Mouse Safe

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435

Summary:

When it comes to the matter of computer ergonomics -- making certain that you computer work en

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Article Body:

When it comes to the matter of computer ergonomics -- making certain that you computer work en

The basic, primary directional device used by most computer operators is the mouse. Many compu

With these risks in mind, there are some important pointers that you should keep in mind when

When using a mouse, you should rest your entire arm on either the side of your chair, on the t

When using the mouse, make certain that you do not apply a great deal of pressure to your wrist

Generally speaking, you should keep your wrist straight when using the mouse. Further, do not

Mouse devices come in a wide array of different shapes, styles and sizes. Take the time to sel

Finally, set your mouse speed in the middle range. In a similar vein, reduce the time that you

By following these steps, you will avoid causing yourself harm or damage over the long term th

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