

2 Levels = Big No-No!

Posted in: [Mouse Use](#), [Office Ergonomics](#)

The keyboard and mouse belong together on the same level. Some furniture designers make this difficult to accomplish.

The picture on the right is a classic example of a relatively modern computer workstation with the mouse on the desk and the keyboard at a lower level.

If you put your hand on this person's right shoulder, you would feel their muscles working overtime. As well, the weight of their arm is supported by their wrist on the desktop. Over time, this can contribute to discomfort.

Take a moment and check your workstation – are you on the level?

Sometimes the answer is changing a keyboard tray; sometimes it's putting the keyboard and mouse at the desk level.



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