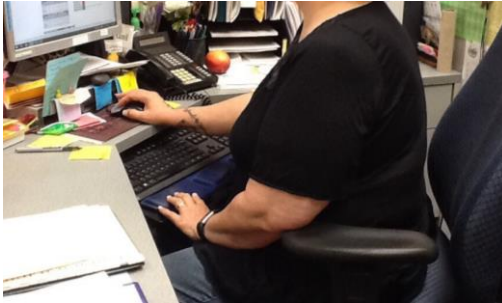




# Schools Insurance Authority

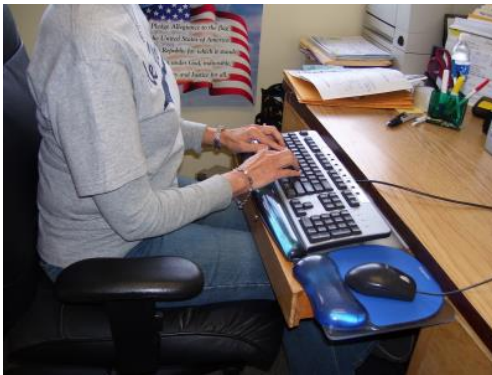
## Ergonomic fixes on a shoestring

Lita Chang, SIA Prevention Services



### RISK

In this picture the mouse is located on the desktop as there is not enough room next to the keyboard for the mouse. When an individual must extend their arm to use the mouse, undue stress is placed on the neck and shoulder area. In addition, if the individual plants their wrist on the desktop, more pressure may be placed on the carpal tunnel area resulting in more discomfort.



### SOLUTION

In order for the individual to obtain neutral posture in the upper body, the mouse must be placed on the same plain as the keyboard. As shown in the picture, this has been achieved by placing a keyboard tray on top of the existing keyboard tray and/or desk drawer. Having the keyboard and mouse on the same plain allows for neutral body posture which helps reduce the chances of injury.



A keyboard tray (or similar item) placed on an existing surface lower than desktop height can simulate a keyboard tray and help place the upper body in a neutral posture. This can be a cost effective solution if a keyboard tray is not affordable.

Do you have unexplained aches and pains? SIA offers **FREE** ergonomic evaluations, education and presentations to member districts within our worker's compensation pool. To find out more information about this program or who your district liaison is, please contact Lita Chang, Prevention Services at [lchang@sia-jpa.org](mailto:lchang@sia-jpa.org).

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