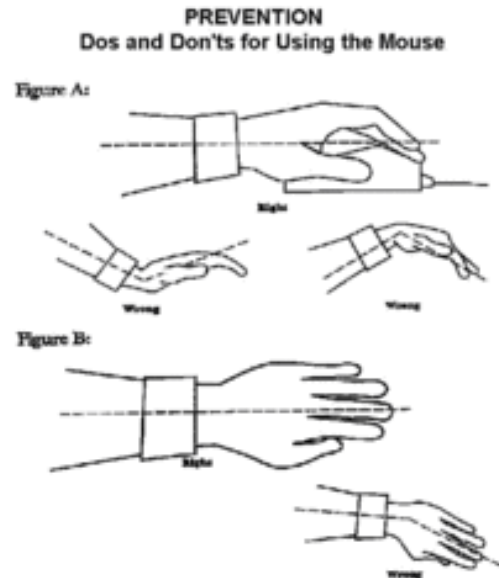


The mouse trap: Top tips for using a mouse

To prevent neck, shoulder or arm pain when using the mouse follow these simple points:

- Whilst moving the mouse, try and keep your wrists and fingers straight
- Try and keep your grip on the mouse relaxed
- Take your hand off the mouse when not in use
- Use large arm movements rather than small wrist movements
- Keep the mouse as close to your side as possible
- Take a micro break every 20 minutes and a 5-minute desk break hourly



Consider adjusting the settings for the mouse: You can adjust mouse settings through your control panel, just select mouse properties:

- You can Adjust the Double Click Speed of the Mouse, allowing it to respond faster or slower to meet your needs.
- You can also Highlight or Drag Without Holding Down the Mouse Button. To enable this function, select the Click Lock option.

Familiarize yourself with keyboard shortcuts: <http://www.microsoft.com/enable>

If you, or a team member, have neck, shoulder or arm pain or discomfort when using the mouse correctly, it is likely that you may need further professional advice.

For an independent ergonomic work station assessment by an occupational health physiotherapist / ergonomics consultant contact us at Fit and Able- email: ergo@fitandable.co.uk.

For further information on the full range of our workplace health services visit our website: www.fitandable.co.uk.

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