

ERGONOMICS GUIDANCE

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Are You Using Computer Mouse Correctly?

A collaboration work by:



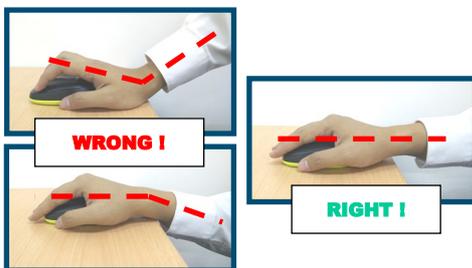
Effect of Using Mouse with Poor Posture

Using mouse with poor wrist or hand posture for prolonged period can lead to **discomfort, strain, ache, pain, or injury**. Without corrective measures, mouse user can experience persistent pain and worse, may require surgery to correct the situation. Musculoskeletal Disorders (MSDs) such as Carpal Tunnel Syndrome (CTS) are common among office workers, and in severe case may cause loss of grip strength and feelings in fingers, loss of function in hand, and permanent disability.

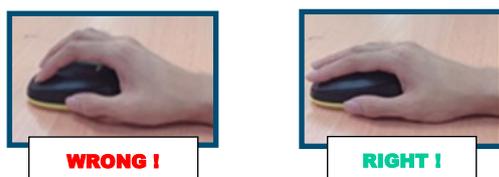
Tips to Use Computer Mouse with Correct Posture

Here are some tips to obtain good postures for mouse use:

1. Adjust chair height accordingly to have elbow at 90° angle, while maintaining neutral wrist and arm posture. Ensure wrist and lower arm is in a straight line, parallel to the work surface.



2. Place mouse close to the body. This can reduce over-reaching when using mouse.
3. Adjust armrest height accordingly to avoid either raised or unsupported shoulder.
4. Hold the computer mouse loosely and avoid claw grip as shown in the figure below.

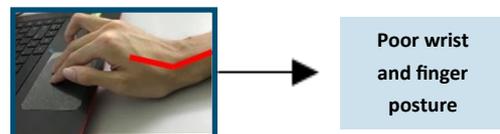


5. Use upper arm (big muscles) to move the mouse instead of wrist (small muscles).

Trackpad vs Mouse when Using Laptop



For prolonged laptop usage (>2 hours), use of external mouse is recommended. Prolonged trackpad usage promotes poor wrist and finger postures, and increase musculoskeletal strain on those regions.



Does Wrist Pad Reduce Fatigue and Discomfort?

Restriction on wrist movement

Use of mouse with wrist pad can help in minimizing the contact stress between wrist area and work surface. However, wrist pad usage can also result in restriction on the movement of hand when using computer mouse. User will tend to 'anchor' the wrist, and move the mouse through wrist movements. This can increase the risk of over-use of small muscles in the wrist region.



Alternative Options:

1. Rotate the position of wrist pad with wrist rest positioned on top side. This allows the wrist to move freely instead of 'anchored' on the pad.
2. Practice to use the mouse through whole arm movement (instead of wrist movement).

