

DoD Ergonomics Working Group NEWS



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*The USACHPPM
Ergonomics Program has
published a new fact sheet!*

It's a fact...a well-designed and properly positioned keyboard tray can improve your workstation set-up.

Keyboard trays are often used to improve a workstation set-up, ensuring that a keyboard and mouse are positioned properly for use. A keyboard tray is designed to hold a keyboard in a particular location and at a particular angle. The tray fits under a desk and helps the user establish a neutral posture—shoulders relaxed, elbows close to the sides, and forearms, wrists, and hands in-line and parallel to the floor.



For detailed keyboard tray features and platform requirements:

Go to <http://usachppm.apgea.army.mil/ergopgm/factsheets.aspx>

Scroll down to Fact Sheet 23.