

An Employer's Guide to Healthy Computing



How to reduce costs related to Repetitive Stress Injuries (RSIs) and improve productivity in the workplace.

What is Healthy Computing?

"Healthy Computing" addresses the idea that products should be designed to fit the posture of the human body, using ergonomic principles to create products that are naturally comfortable by design.

Business professionals use their PCs more than ever before. In fact, the average user spends more than 6 hours a day on a computer. How they sit, type, swipe, point, and click — and the products they use to do these things — can affect productivity, comfort, and equally important, overall health.

Ergonomically designed keyboards and mice in particular can help improve comfort while working on a PC. Users may experience comfort the moment they start using an ergonomic mouse or keyboard, but the long-term benefits of ergonomic hardware may only be fully apparent after they are used for an extended period of time.

Reduce Costs and Increase Productivity

Computer use requires a large number of repetitive actions for long periods of time; damage from repetitive strain injury (RSI), such as carpal tunnel syndrome, can occur as a result of many small injuries from these daily, routine activities.

The costs to businesses associated with RSIs is estimated at \$20 billion every year in the U.S., according to the federal Occupational Safety & Health Administration (OSHA).

Fortunately, there are things you can do to prevent or mediate the discomfort and injuries that can be associated with computer use, such as using computer peripherals that are ergonomically designed.

An Industry Leader for More than 25 Years

Microsoft® has a long history of leadership in the PC peripherals industry, bringing the world such breakthrough innovations as:

- The first ergonomically designed mouse,
- Fixed ergonomic keyboard layout,
- Mouse scroll wheel integrated with desktop software,
- The padded keyboard palm rest,
- And optical mouse sensor to name just a few.

Today, Microsoft continues to lead in the input device industry in the design and production of ergonomic mice and keyboards with more than 200 patents and numerous industry awards.

Microsoft Has Won for Hardware Design:



- Arc Touch Mouse IDEA Gold Award
- PC World Class: Microsoft IntelliMouse® Explorer, Best Input Device
- PC Magazine Best Input Device
- Business Week IDEA Awards

Find More Information on Healthy Computing:

For more information on how to properly position users at their desks or in front of their PCs, visit:
<http://www.Healthy-Computing.com>.

Microsoft®

Ergonomically Designed Products

Microsoft designs tools such as ergonomic mice and keyboards to help users spend time at the computer comfortably for long periods of time. The company's products undergo rigorous design and testing processes conducted by an on staff Certified Ergonomist.

How to Choose a Mouse

No one mouse is perfect for every situation. Here are a few things to consider:

Wired or wireless. A wireless mouse provides more freedom and less clutter on the desktop. However, a wired mouse is simpler to set up and requires no batteries.

Comfort. A good mouse design pays attention to things like rubber side grips for ease of use, thumb scoops that fit the contours of the hand, and undercuts that make the mouse easy to pick up.

Size. Users should be able to reach all the buttons without straining or arching their fingers, which can lead to fatigue and carpal tunnel syndrome. Smaller mice are good for confined spaces and also pack well into a briefcase for travel, while larger mice tend to have more ergonomic benefits and are ideal for a desktop workspace.

Recommended Microsoft Mice



Microsoft Touch Mouse



Microsoft Wireless Mobile Mouse 3500 for Business



Microsoft Wireless Mobile Mouse 4000 for Business



Microsoft Comfort Mouse 3000 for Business



Microsoft Comfort Mouse 4500 for Business



Microsoft Comfort Mouse 6000 for Business

How to Choose a Keyboard

There are many great options for keyboards, depending on specific needs. Here are some things to consider:

Wired or wireless. A wireless keyboard provides more freedom and less clutter on the desktop. However, a wired keyboard is simpler to set up and requires no batteries.

Comfort. There are three main types of keyboards: split, curved, and straight.

- Split keyboards are the least stressful on hands and wrists.
- A curved design combines some of the familiarity of a straight keyboard with some of the ergonomic benefits of a split keyboard.
- And a straight keyboard, with or without palm rests, has a traditional feel *without* the ergonomic benefits of a split or curved design.

Size. If the keyboard is going to be used in a work environment where the user spends a lot of time, they might want to choose a larger, more ergonomically designed keyboard. However, for traveling and mobile computing, a compact keyboard without the 10-key pad is easy to pack and still provides some ergonomic benefits.

Recommended Microsoft Desktops and Keyboards



Microsoft Natural Ergonomic Desktop 7000



Microsoft Wireless Comfort Desktop 5000



Microsoft Natural Ergonomic Keyboard 4000 for Business



Microsoft Natural Keyboard Elite for Business



Microsoft Comfort Curve Desktop 3000 for Business



Microsoft Comfort Curve Keyboard 3000 for Business

To Find More on Microsoft Hardware Ergonomic Products, visit:

- Keyboards - <http://www.microsoft.com/hardware/en-us/ergonomic-keyboards>
- Mice - <http://www.microsoft.com/hardware/en-us/mice>