

# STRONG AND NATURAL POSITIONS

## Hands and Wrists: Standard Computer Keyboard

### Keyboard above Elbow Level



Positive Slope

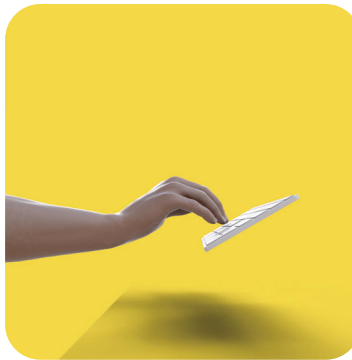


Keyboard Flat



Negative Slope

### Keyboard at Elbow Level



Positive Slope



Keyboard Flat

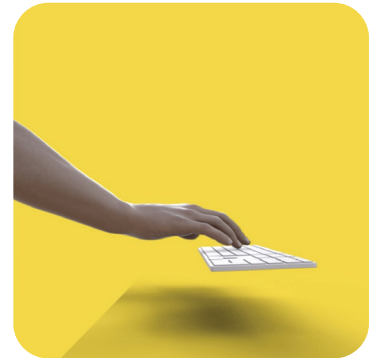


Negative Slope

### Keyboard below Elbow Level



Positive Slope



Keyboard Flat



Negative Slope

**GREEN** – No action required if tasks are not held or repeated for long periods and no MSD symptoms are reported.

**YELLOW** – Investigations and improvement needed in the longer term.

**ORANGE** – Further assessment or improvement needed immediately.



For more info visit:  
[msdprevention.com](http://msdprevention.com)

© 2019 CRE-MSD. CRE-MSD receives funding through a grant provided by the Ontario Ministry of Labour. The views expressed are those of the authors and do not necessarily reflect those of the Province.



Centre of Research  
Expertise for the  
Prevention of  
Musculoskeletal Disorders

**Work  
shouldn't  
hurt**