



Tips to tame your mouse



- Adjust cursor speed, cursor size or scroll speed in computer control panel
- Alternate between different mice and both hands over the day/week
- Try a vertical mouse, joystick, trackball, or roller mouse to change hand position, reduce arm movement
- Use a shorter keyboard to bring mouse closer to body centerline
- Get a 1-piece keyboard tray to bring the mouse closer
- Learn keyboard shortcuts to minimize mouse use
- Find a mouse that fits your hand better



For more information, contact the Ergo Team x5818 or ergo@lbl.gov