

Ergonomics

FOR STATE AGENCY AND PUBLIC UNIVERSITY OFFICE ERGONOMIC ASSESSORS



August 2015

saif.com

400 High St SE
Salem, OR 97312

P: 800.285.8525

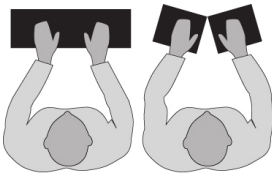
ergocert@saif.com

Escape the keyboard conundrum

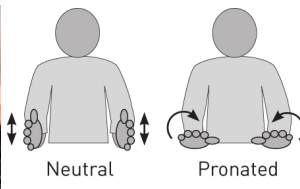
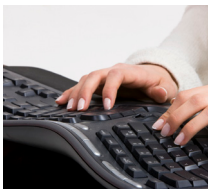
By [Dawn Jacobs](#), senior safety management consultant

Ergonomic keyboards are designed for specific purposes. Understanding the design will help you determine which keyboard to choose.

Split keyboards correct ulnar deviation (bending the wrist towards little finger) by splitting keys into two groups and separating them. Changing the orientation and widening the distance between keys reduces tendon friction, especially in the thumb area, as well as compression of the median and ulnar nerves at the wrist.



Tented keyboards, an extension of the split keyboard, decrease pronation (inward rotation of the hands) and ulnar deviation. They allow palms to be angled toward each other, eliminating forearm twist that may contribute to muscle fatigue and constriction of the median and ulnar nerves.



Negative-slope keyboards have legs or a platform located in the front of the keyboard. The backward tilt eases wrist extension (bending the wrist backwards). Wrist extension compresses the carpal tunnel, which may cause inflammation of the median and ulnar nerves. It also shortens forearm muscles, leading to muscle fatigue.



The **scooped keyboard** resembles a split keyboard, but the keys are arranged in columns within concave wells. The purpose of this arrangement is to allow fingers to work in a more relaxed state by decreasing reach and lift.



When purchasing a new keyboard, consider the following recommendations:

- Evaluate more than one design
- Know the seller's return and replacement policy
- Understand warranty terms for repair and maintenance
- Anticipate frustration through the learning curve of using a different keyboard

Upcoming Economics Assessor Trainings

Basic Ergo Assessor

September 23 | Salem
November 18 | Salem

Ergonomics Beyond the Office

October 13 | Salem

For locations and to register online, visit saif.com

Online Resources

[State of Oregon Office Ergonomic Consensus Guidelines](#)

[Oregon OSHA Ergonomics Publications](#)

[OSHA.gov Computer Workstations eTool](#)

[SAIF Corporation Safety Topics](#)

Ergo Assessor worksheet links

You can find the [PDF](#) version and the [Excel](#) version of the worksheet online.

Recent Ergo Assessor Graduates

Congratulations to the following employees who completed their required assessments for Office Ergonomic Assessor certification.

T.J. Mohr | DHS-OHA
Debra Sichley | DHS-OHA
Jamar Summerfield | DHS-OHA

Masheria Morton | DHS
Brenda Anderson | DOJ
Destinie Davis | DOJ

Carlie Lanehart | DOJ
Elverta Hayden | ODOT
Megan Hodges | ODOT