

Keyboard Trays

Purpose:	<p>To adjust the height and angle of a keyboard in order to fit the person or allow posture change</p> <p>To allow a better viewing arrangement by moving the person back from the screen or work surface</p>
Possible Drawbacks or Misuse:	<p>The mechanism reduces knee clearance.</p> <p>For some keyboard trays, there is only enough room for a keyboard, forcing a long reach to use a mouse.</p> <p>Keyboard trays can be adjusted too low, too high, or at the wrong angle, causing bent wrists</p>
General End-User Instructions:	<p>The purpose of this device is to adjust the height and angle of the keyboard and mouse. The best height for the keyboard is generally about at elbow height or lower, but nearly any height is acceptable if it is comfortable.</p> <p>The angle of the tray/keyboard is as important as its height. Adjust the tray so the keyboard is approximately at the same angle as your forearm; for a low keyboard this may mean tilting the keyboard slightly backward.</p>
Choices:	<p>Height adjustability is a critical feature in most cases. Maintenance adjustability or fixed-height devices may be acceptable, if keyboard use is light.</p> <p>If mice are consistently used, the tray should hold the mouse as well as the keyboard.</p> <p>Angle adjustability will allow more precise matching of the keyboard angle to the forearm angle. Backward angles may be preferred by some users.</p> <p>The tray should feel stable.</p> <p>The tray or mechanism should not interfere with the knees or posture. Most of the lever- type controls can be adjusted to change the lever angle. This is usually done by pressing a button on the top of the lever.</p> <p>A wrist rest should be available but may not be necessary.</p> <p>Some trays have special installation requirements, such as minimum work surface depths. A few can be installed in right-angle corner workstations.</p> <p>There is nothing sacred about keyboard trays. An alternative is to place</p>

both the mouse and keyboard directly on the work surface and adjust the work surface to an appropriate height.

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