

Keyboard Adjustments

Work Rite Banana Board

How To Adjust Your Keyboard

Duke Ergonomics Division



Proper Position



Correct amount of room between keyboard tray and lap.



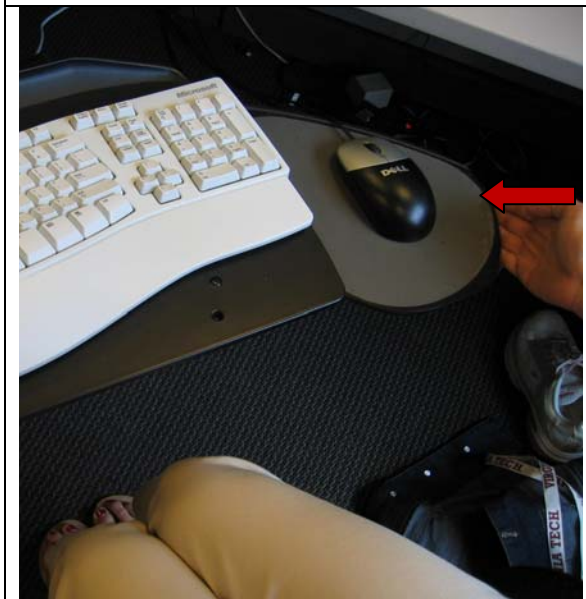
Pull to move out from under desk, push to position under desk.



Push down on back edge while lifting up the front edge to adjust height.



Tilt Dial – Turn dial to change the tilt. The keyboard should be flat or tilted slightly negative when typing.



To switch between left and right hand mousing, remove mouse and push on mouse pad to slide through...



...to other side.



Swings out of way.

