

Findings	Low-Cost Solutions	High-Cost Solutions
Desks lacked appropriate adjustability features.	Provide articulating keyboard trays wide enough to accommodate a keyboard and mouse. Provide footrests.	Provide bi-level adjustable desks.
Chairs in use do not have enough adjustability features.	Provide lumbar support pillows, footrests, and other auxiliary equipment that will improve comfort when seated.	Provide ergonomically designed chairs from different vendors.
Poor shoulder postures when operating the mouse.	Provide new trays for articulating keyboard arms that are wide enough to accommodate a mouse and a keyboard.	Provide bi-level adjustable desks.
Poor wrist posture and mechanical stress when typing.	Provide appropriate wrist rests.	Provide split-key designed keyboards.