The USACHPPM Ergonomics Program has published a new fact sheet!

It’s a fact…a well-designed and properly positioned keyboard tray can improve your workstation set-up.

Keyboard trays are often used to improve a workstation set-up, ensuring that a keyboard and mouse are positioned properly for use. A keyboard tray is designed to hold a keyboard in a particular location and at a particular angle. The tray fits under a desk and helps the user establish a neutral posture—shoulders relaxed, elbows close to the sides, and forearms, wrists, and hands in-line and parallel to the floor.

For detailed keyboard tray features and platform requirements:


Scroll down to Fact Sheet 23.