

# WHAT IS THE RIGHT MOUSE FOR ME?

BY SAFETY INSPECTOR MARCELA TRUJILLO

Reviewers spend thousands of hours researching, analyzing, and testing computer mice to recommend the best picks for most consumers, but which one is right for you? If you have the wrong mouse you will end up with pain. Your hand needs to fit nicely spread open; not like a claw and your palm should rest on the rear of the mouse, not on the surface of desk or on the top of the mouse.



## Measuring Your Hand

Do you know your hand size? Knowing your hand size is important because it allows you to select the appropriate size mouse. For correct hand measurement, measure from the tip of your middle finger to the base of your palm.

**Small** hand measures is 15cm or less; **Medium** hand is 15cm-17.8 cm; and **Large** hand is 17.8cm or greater.

## Selecting Your Mouse

Which mouse suits you best? Choose a mouse that gives you a neutral posture of the hand and wrist. A vertical mouse tends to give you a posture of function or rest and is where your hand is designed to rest and move. This position will promote comfort and accuracy. Ensure the mouse you select is adjustable to allow flexibility while working. Additionally, if you suffer from inflammation, injuries or arthritis in your hand or wrist, this style will minimize discomfort and reduce the risk of a mouse-related musculoskeletal injury. Whichever mouse you choose, a wireless option is ideal as it is portable, convenient, takes up less space and allows for more freedom of movement.



## Horizontal

Standard horizontal position with ambidextrous shape



## Vertical

Natural handshake position reduces muscular activity by 10 percent compared to a standard mouse.



## Wireless Optical

Standard horizontal position with ambidextrous shape



## Trackball Mouse

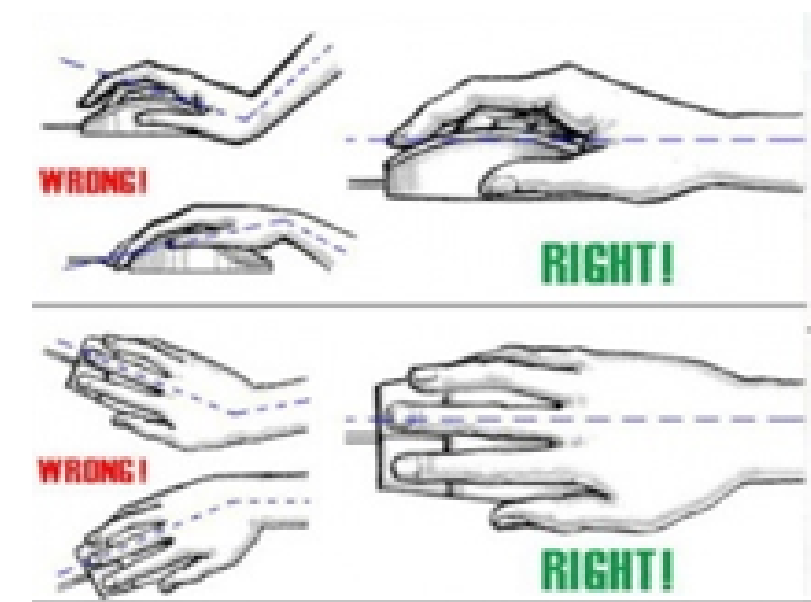
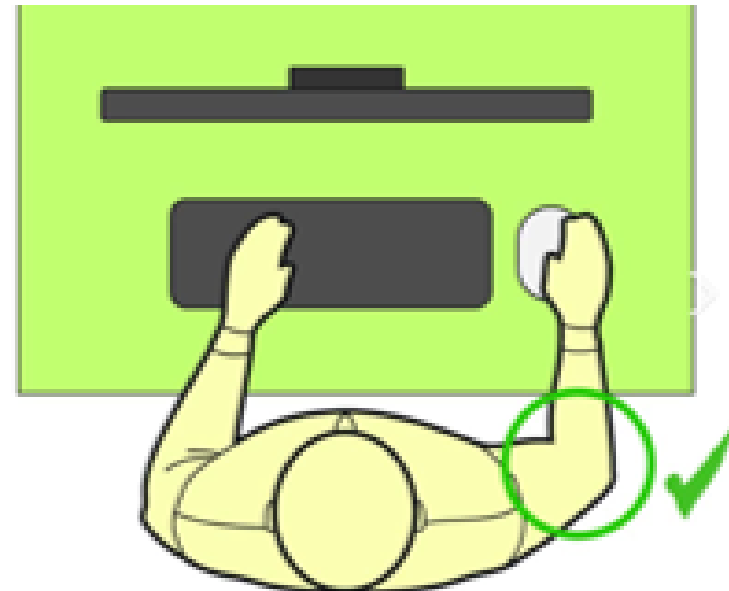
Thumb control reduces the need to move your arm around to move the cursor. Your hand and arm stay relaxed.

# WHAT IS THE RIGHT MOUSE FOR ME? (CONT)

BY SAFETY INSPECTOR MARCELA TRUJILLO

## Moving and Positioning Your Mouse

What is the best movement/position to reduce fatigue and pain? When using a mouse, you want to move the forearm not your shoulder and elbow. Ensure your wrist is straight and at level as shown below.



The mouse has long been one of the most important PC auxiliary devices. Explore the different options and designs to decide the best choice for you that is most comfortable to your personal grip. Don't be put off by the non-traditional looking designs. Remember that you are purchasing an ergonomic mouse for comfort and its features.

Probation News

For an ergonomic evaluation of your workspace, please feel free to contact Health and Safety at (562) 940-2670, or [click here](#) to complete and submit the Ergonomic Evaluation Request form.