# Office Ergonomics: Mouse & Keyboard Video



**Now that you have your office chair and set it up the way you want, it’s time to position the mouse and keyboard.**

Similar to the chair, you want to avoid creating awkward postures that come from having a keyboard set too low or a mouse positioned in a way that you have to reach for it.

In this video, we offer tips on how to avoid discomfort while using your mouse and keyboard.

Adjusting your chair to your body and workspace is the first thing you should do to improve your ergonomics. After adjusting your chair be sure to adjust your mouse, keyboard and monitor placement. Wear a telephone headset and adjust lighting. If you start feeling pain, stretching your muscles can provide some relief.

(Source: https://www.safeatworkca.com/videos/office-ergonomics-mouse-keyboard/)