

Ergonomic Solutions: A "Hands On" Experience

V-shaped and some-what intimidating at first, ergonomic keyboards have added an interesting look to the world of keyboards. Split down the middle and requiring non-traditional hand placement, they look funny and make you wonder how someone came up with this concept in the first place.

The first time I saw one of these keyboards was back when I was in college. I was over at a friend's house and in need of doing some research on the Internet. When I sat down at his computer, I realized that this keyboard was extremely different from any other keyboard that I had seen before. I think I actually stared at for a few minutes, not really sure on how to react. Slowly I matched up my fingers to correct positions on the keyboard. It probably took me about ten minutes to actually get adjusted to this crazy looking keyboard.

As I continued to surf the net, I started to become more and more comfortable with this keyboard. My hands and arms had more of a natural feeling that I had not really noticed before. My whole life, I had been typing with an incorrect and bad arm positioning. Though I have not suffered from any major problems before, this simple readjustment of the keyboard can actually help me prevent any possible problems that I might have in the future.

Now when it comes to buying such products like these, I do suggest that you do a little bit of investigation. The reason for this is because the actual term "ergonomic" can be used rather loosely. Many products may look to be "ergonomically designed" or "ergonomically inspired", but just because it may look "ergonomically designed" does not mean that it was. So before you buy, test it out. Check to see if the product does make your feel more comfortable. If a product hurts or causes strain, then maybe you should continue shopping to find a better one. You wouldn't want to buy a bed, if when you laid down it felt like laying on concert. The same should be with keyboards, chairs or any ergonomic product.

Comfort is a main goal of any ergonomically designed product. If comfort is not a result, then the whole purpose of the product is wasted. Many ergonomic products may need an adjustment period, which can be normal. Your body should adjust rather quickly. Just remember to be careful not to subject yourself to poor ergonomics.

Source: <http://www.articlecircle.com>

About the Author

As a copywriter, I spend a lot of time in front of my computer. When I am shopping for a ergonomic keyboards, I trust websites like <http://www.ergonomicconnection.com>. Not all products are the same, so make sure you find one that you can rely on.