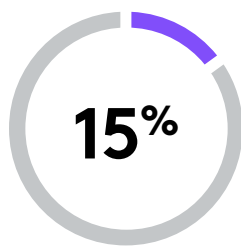


# SUPPORT THE WRIST, SUPPORT THE WORKER

WRISTS CAN BE VULNERABLE TO SHORT-  
AND LONG-TERM CONSEQUENCES.



of computer users experience pain or discomfort in the fingers, wrist, forearm, hand, shoulder, or elbow on a daily basis<sup>1</sup>

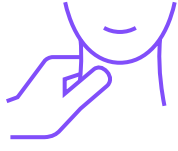
Nearly  
**\$65,000 USD**

in direct compensation and indirect productivity costs for an employer for each instance of Carpal Tunnel Syndrome<sup>2</sup>



## ELEVATING THE WRIST RELIEVES PRESSURE.

External mice and keyboards decrease discomfort and fatigue in the wrist and beyond. Using a laptop trackpad resulted in:



**45% more** muscle activity in the neck and shoulder compared to using a mouse<sup>3</sup>



**25% more** muscle activity in the forearm compared to using a mouse<sup>3</sup>

Ergonomic mice and keyboards place wrists in a more natural posture and increase support further.



**54% more** wrist support from ergonomic keyboard with a pillowed wrist rest<sup>4</sup>

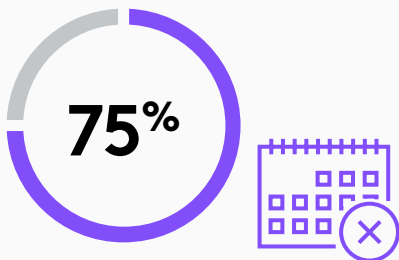


**10% less** muscular strain when the hand is placed in a natural handshake position<sup>5</sup>

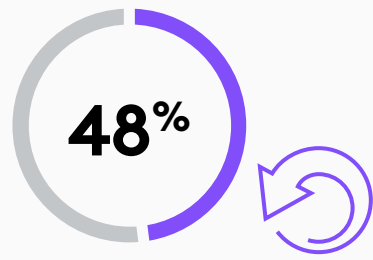


Helping employees work productively while putting less stress on their bodies, including their wrists, can make a positive impact company-wide.

Making ergonomic adjustments resulted in:



reduction in lost workdays<sup>6</sup>



decrease in turnover<sup>6</sup>

Learn more about transforming for workspace wellness at <https://www.logitech.com/business/resources/workspace-wellness.html>

Sources:

- 1 Logi Ergo Lab research, Logitech, 500 people, US, 2019
- 2 "Global Employee Health Study," Aetna International, 2020
- 3 Logi Ergo Lab research, Logitech, Logitech standard mice compared to standard embedded trackpad, 2019
- 4 Logi Ergo Lab research, Logitech, compared to a traditional Logitech keyboard without palm rest
- 5 Logi Ergo Lab research, Logitech, of a vertical mouse as compared with a traditional non-vertical mouse
- 6 "The Business Case for Implementing an Ergonomics Program," The Ergonomics Center, NC State University, 2021