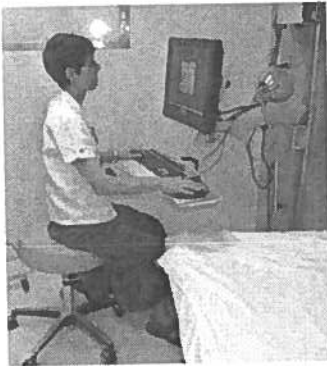


Ergonomic Tips for EMR System Users

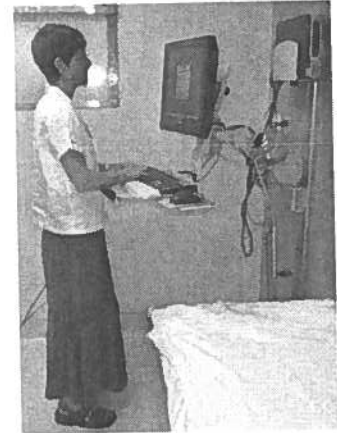
Quick workstation adjustments can improve your comfort when using the EMR System.

3. Wall Mount Workstations

- Grasp keyboard surface and adjust it to your elbow height as shown.

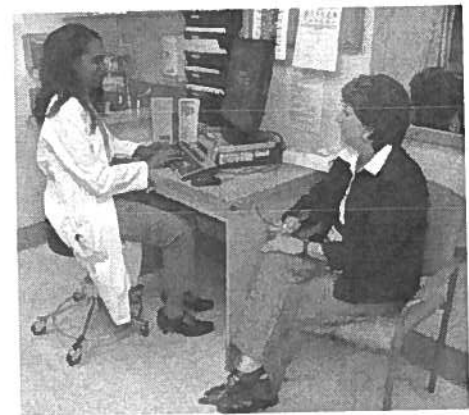


- Bifocal and progressive lens users may need to position the keyboard slightly lower to avoid having to tilt the head up when viewing the monitor.



4. Fixed Height Workstations

- Consider angling the keyboard and monitor so you can maintain proper position when interviewing your patient.
- Keep the mouse next to and at the same height as the keyboard.
- Raise or lower the stool or chair to position yourself at elbow height relative to the keyboard.
- Bifocal and progressive lens users may need to lower the monitor to avoid having to tilt the head up to view the monitor.



5. Reduce Repetitive Typing

- Create “Dot Phrases” for your most frequently used phrases. This reduces repetitive typing and improves efficiency.
- Adjust your keyboard correctly; make sure the feet on the back of your keyboard are in the down position. A keyboard in the slanted position, will force the wrist to be bent backward when typing.