

Healthy computing can have an impact on your business

Sales guidance for reseller sales representatives

What is healthy computing?

"Healthy computing" addresses the idea that products should be designed to fit the posture of the human body, using ergonomic principles to create products that are naturally comfortable by design.

Business professionals use their PCs more than ever before. Research shows the average user spends more than 6 hours a day on their computer. How users sit, type, swipe, point, and click – and the products they use to do these things can affect productivity and comfort.

Microsoft produces a wide range of high-quality products to meet a variety of end-user needs and purchasing requirements. These peripherals are designed to improve both comfort and ergonomics in order to help facilitate a happier, healthier workplace, and drive a positive impact to the bottom line.

Why healthy computing matters

Cost savings to businesses by reducing the risk of injuries

- Costs associated with repetitive strain injuries (RSI) to businesses is estimated at \$20 billion every year in the U.S.¹
- Computer use requires a large number of repetitive actions over long periods of time; damage from RSIs can occur as a result of many small injuries from daily, routine activities.
- People often neglect warning signs, unaware they may be incurring significant injury; it is better to protectively address the problem by using ergonomically designed peripherals, as it can be very costly and difficult to treat an injury after the fact.

Increased user comfort

Ergonomically designed keyboards and mice help improve comfort while working on a PC. Users may experience comfort the moment they start using an ergonomic mouse or keyboard, but the long-term benefits of ergonomic hardware may only be fully apparent after they are used for an extended period of time.

Microsoft mice and keyboards – ergonomic advantages

Ergonomic and usability studies over the years have driven innovative designs that enhance comfort and provide a more natural user experience.

Microsoft: A leader in ergonomic design

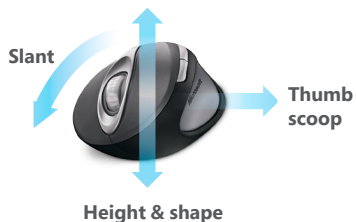
- Microsoft is the #1 best-selling brand of ergonomic keyboards.
- They are one of the few peripheral manufacturers with a Microsoft Certified ergonomist that helps design, test, and certify all ergonomic products.
- Many Microsoft products have clinically proven ergonomic benefits.
- Microsoft keyboards and mice meet rigorous testing requirements for unparalleled comfort and performance.

Ergonomic benefits

Ergonomic keyboards and mice are designed to:

- Fit users' wrists and hands in a natural, comfortable manner
- Help prevent losses in efficiency due to fatigue and minimize unnecessary movement
- Provide support and reinforce a natural, relaxed posture

Mice



Height & shape - The baseball-like design creates a neutral, relaxed posture for the wrist.

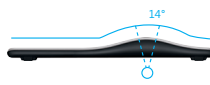
Slant - Provides correct wrist posture to help lower carpal tunnel pressures.

Thumb scoop - Aids in guiding the hand into an ergonomically correct resting position, aligning the wrist and forearm.

Keyboards

Angle

Designed to put arms, wrists, and hands into a better position and use a more natural handshake posture while typing.



Natural arc

Adds a gentle curve to the key layout to support the natural differences in the length of each finger.



Curved key bed

Allows keys to remain in a contiguous arc, rather than being split into two distinct keyboard halves.



Palm rest and lift

The rest helps prevent wrists from dropping excessively while typing and reduces contact pressure while hands rest on it. While the palm lift provides reverse tilt to the keyboard which helps reduce wrist extension.





¹Federal Occupational Safety & Health Administration (OSHA)

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We offer the latest in ergonomically designed keyboards and mice from Microsoft. Can I help you find the right accessories for your needs?

Ergonomic Mice		Part No.
Sculpt Comfort Mouse		H3S-00003
Sculpt Mobile Mouse		43U-00001
Wireless Mobile Mouse 3500 for Business		5RH-00003
Comfort Mouse 6000 for Business		5CJ-00005
Comfort Mouse 4500 for Business		4EH-00004
Comfort Mouse 3000 for Business		5AJ-00005

Ergonomic Keyboards		Part No.
Natural Ergonomic Desktop 7000 for Business		4TQ-00001
Wireless Comfort Desktop 5000 for Business		44Q-00001
Comfort Curve Desktop 3000 for Business		7ZJ-00001
Natural Ergonomic Keyboard 4000 for Business		5QH-00001
Sculpt Comfort Keyboard for Business		V5S-00001

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FAQs & Resources

Why are ergonomic mice and keyboards better?

Ergonomically designed keyboards and mice offer the clinically proven ergonomic benefits that help decrease undue stress on users' arms, wrists, and hands, reducing health issues and total cost of ownership from decreased productivity and even loss of work time.

How do I find out more about the costs of potential workplace injuries and how ergonomic devices can help?

Healthy computing resources are available to you and address the costs associated with RSIs, how to avoid them, and some easy steps for businesses to follow. Visit [Healthy-Computing.com](https://www.microsoft.com/healthy-computing) to download guides, a whitepaper, and more.

Why should I choose Microsoft?

Microsoft is a market leader, with a long history in PC accessories—from building the first mass-market mouse, the introduction of numerous ground-breaking innovations, to winning numerous design and technology awards. Microsoft keyboards and mice work seamlessly with Microsoft software, enhancing the user experience and productivity.

What is the difference between regular Microsoft PC accessories and Microsoft PC accessories packaged for business?

Many Microsoft PC accessories are available in packaging that is designed for business, providing volume savings and efficiency. These PC accessories are the same great products packaged using fewer materials.

Visit [microsoft.com/hardware/business](https://www.microsoft.com/hardware/business) for more information.

Other Resources:

Microsoft PC accessories website: [microsoft.com/hardware/](https://www.microsoft.com/hardware/)

Microsoft mice: [microsoft.com/hardware/business-mice](https://www.microsoft.com/hardware/business-mice)

Microsoft keyboards: [microsoft.com/hardware/business-keyboards](https://www.microsoft.com/hardware/business-keyboards)

Contact a support professional, find how-to guides, download software and documentation: [microsoft.com/hardware/support](https://www.microsoft.com/hardware/support)