

KeyMoves™ -- Ergonomic Software

Safer Typing -- A Practical Approach

Whether you're using a traditional flat keyboard or an ergonomically designed alternative, proper hand and body posture can help decrease the risk of Repetitive Stress Injuries such as Carpel Tunnel Syndrome. KeyMoves software provides clear descriptions in prose and pictures of the healthiest way to type and use the keyboard. KeyMoves explains how to use your hands, arms and body in ways that avoid discomfort. This software is especially recommended for teachers, trainers, and occupational health professionals involved in promoting keyboard comfort and, indeed, for everyone who uses a computer keyboard.

KeyMoves requires Microsoft Windows with 256 color resolution. The following statements prove the benefits of using this excellent software as an adjunct to learning to type with FasType for Windows.

Occupational Safety Professionals' comments on KeyMoves' Keyboard Method:

KeyMoves stands out in that it tells a user not just the correct hand positions to use in typing, but also how to learn proper posture so as not to have hand, wrist, or back problems. The software sets out a series of easy-to-follow lessons teaching you how to feel relaxed and to adopt correct hand techniques and body posture. Safety and health professionals should be addressing this issue, and this software is an asset either for self help or for training of the computer user.

This software offers new methods for both the prevention of repetitive stress injuries and the retraining of those already suffering from injuries. Keyboard users will work through simple easy-to-follow lessons on ways to use the keyboard in a more comfortable and relaxed position in order to avoid injuries caused by dangerous hand positions and poor body posture.

KeyMoves has detailed descriptions of how to avoid positions that put stress on the arms and hand, accompanied by illustrative graphics. The author applies many of the methods used to teach music students correct postures to this discussion of proper typing techniques.

Medical Specialists on KeyMoves' Keyboard Method:

The KeyMoves Software is appropriate for employees, employers, health professionals and patients. [Therapy Director] has been using it to help educate her patients, as it gives clear and succinct guidelines for safe use of the hand and wrist at the keyboard. Moreover, the graphics in it are outstanding; this software should be installed on every computer workstation.

I find the KeyMoves Software both fascinating and useful. It presents a structured approach to individual risk factors of work styles and habits, and fills an important, currently unoccupied niche. Hand pain is an increasingly frequently encountered problem in occupational medicine, and clinical experience suggests that prevention of such problems is much more effective than therapy after their development. I would recommend this software to everyone working in offices using a computer.

To order KeyMoves from Trendtech just fill out the order form along with your registration of FasType for Windows. KeyMoves consists of two diskettes and is installed under Windows; make sure your system has 256-color capability. KeyMoves software is not part of Multi-User Licenses (Site and Right-to-Copy).