

# Q-board



**Improved posture:** decrease reach to the mouse

**Conventional:** desktop key caps

**Numeric key pad:** integrated

**Practical:** 10 extra multi media keys

**Ergonomic:** arrow keys are easy to find

**Connection:** USB



## Research

Compact keyboard (keyboards without separate numeric keys at the right side) decrease the reach distance to the mouse (Cook, et al, 1998), decrease the strain on the forearms and are found to be more comfortable than standard keyboards (van Lingen, et al, 2003). Depending on the tasks the use of a numeric keypad is not necessary. Results of our research are that 90% of the users only seldom or never use the numeric keypad, says Ahmet Cakir of the Berlin Ergonomic Institute.

## Specifications

Dimensions:	336 x 32 x 165 mm (W x D x H)
Weight:	690 g
Product code:	BNEQB85



## Health & Safety Regulations

The distance between the keys should be between 18 and 20 mm (ISO 9241). The alphanumeric keys of the keyboard have to be separate from the function keys (ISO 9241). Dark keys on a light color background make reading easier and increase productivity (Snyder, 1990). The middle row of the keys may not be higher than 30 mm, measured from the desk (DIN 2137). The keyboard should have the ability to tilt and be separate from the screen so as to allow the worker to find a comfortable working position avoiding fatigue in the arms or hands. (Council Directive 90/270/EEC).

1



1. Ergonomical: white key caps

2. Separate arrow keys

3. Extra multi media keys

2



3

