

## Model name:Y-R0001

ne experts believe that use of any keyboard may cause serious injury hands, wrists, arms, neck or back. If you feel pain, numbness, akness in these areas see a qualified health professional.

## TO REDUCE THE RISKS OF SUCH INJURIES FOLLOW THESE PRECAUTIONS: Take frequent short breaks. Get up and walk around at least a couple of times every hour. Vary your tasks throughout the day. Reep your shoulders relaxed with your elbows at your side. Position your keyboard and mouse so you don't have to reach. Adjust your chair and keyboard so your wrists are straight. Avoid resting your wrists on sharp edges. If you use a wrist or palm rest, don't use it while typing.

