

Evaluation of the Q-Board compact keyboard

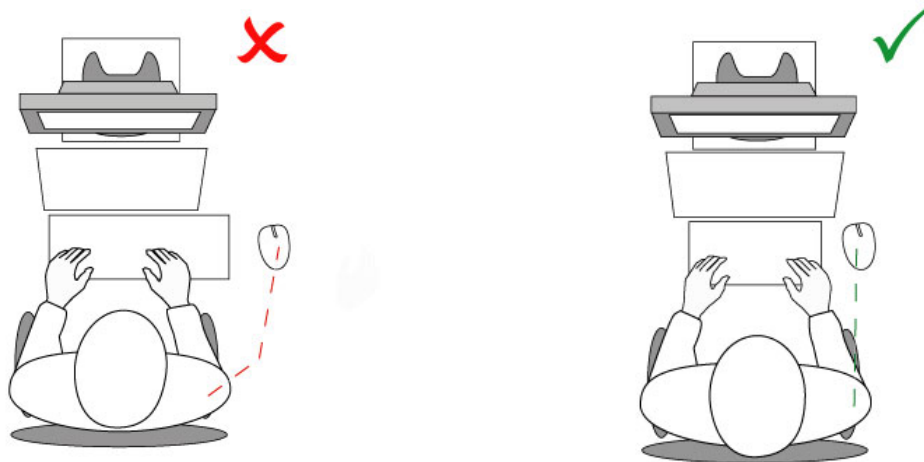
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May 16th, 2003

Abstract

TNO Work and Employment has evaluated the Q-board keyboard in a research project consisting of three groups of 12 subjects each. This compact keyboard was compared with a standard keyboard. The effects on muscle activity, comfort, postures and movements of the upper body were analyzed.

Using the Q-board, in two groups (call centre and data entry employees) reduced levels of physical workload and reduced risks for RSI were measured for the neck/shoulder and the upper arm regions. A majority of the subjects preferred the Q-board above the standard keyboard, mainly because of improved comfort and because of the lighter, more comfortable touch. In the third group (programmers) no differences with respect to body postures and physical workload was measured

The decrease of physical load determined in two of the three groups was mainly contributed to the reduced mouse distance: a compact keyboard enables the use of the mouse in a more favorable posture. It has been concluded that the Q-board is a full fledged alternative for the standard keyboard one that contributes to a reduction of risks for RSI.



Standard keyboard

Q-Board

