



Ergonomic guidelines

Research suggests that physical discomfort and injury to nerves, tendons, and muscles may be related to repetitive motion, an improperly set up work area, incorrect body posture, and poor work habits.

To reduce the risk of injury, follow these precautions:

- Stand, stretch, and move around several times every hour.
- Switch hands while performing tasks. Use shortcut keys on the keyboard to avoid repetitive or awkward mouse movements.
- Relax your shoulders and keep your elbows at your sides.
- Adjust the keyboard's position so that you don't have to stretch to reach it.
- Adjust your position so that you don't have to bend your wrists to type. Avoid placing your wrists on a sharp edge.
- If you feel discomfort or numbness in your hands, wrists, arms, shoulders, neck, or back while typing, consult a qualified medical professional.

Troubleshooting

Your mouse doesn't work

- Make sure that the polarity of the batteries is correct. The positive (+) and negative (-) ends of each battery must match the positive (+) and negative (-) connections in the battery compartment.
- Make sure that the receiver's USB plug is firmly connected to the USB port on your computer.
- Make sure that the appropriate device drivers are installed.
- Make sure that you have made a radio link between the mouse and its receiver.

Rocketfish Rf Ltrms Mice Owners Manual

H Kauffman



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