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Abstract
Along with the rapid advance of information technology, computers are massively applied to our daily life. However computer users may suffer some kinds of body injuries or discomfort when they repetitively operate mouse in computer operation environments with unnatural postures for a long period of time. This study used an electoromyography equipment, an electronic weighing scale and questionnaire to examine the effects of wrist pad, arm support, operation mode and operation height on computer users muscle activity, wrist load and subjective rating of perceived exertion, hoping to have an understanding on the problems of upper extremities discomfort among many computer users.

The result showed that the confronted risky factors of computer users can be alleviated and computer users subjectively felt more comfort in their body by the aids of mouse assistive braces and human factors improvement. This study suggested that the operation height should be around 70 cm height and computer users should use wrist pad and forearm support while operating mouse. Additionally, when computer users are engaged in dynamic mouse operation, they should avoid excessive wrist ulnar and radial deviations and long operation time.
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