



# Type Like a **T-REX!**

Follow these tips,  
or you'll be  
**dino-SORE!**

- 1. DON'T REACH**  
Keep keyboard, mouse and other equipment close.
- 2. FOREARMS PARALLEL**  
Align with the floor.
- 3. WRISTS STRAIGHT**  
Maintain an in-line, neutral position.

