ANSWER KEY

Typing Posture Check

Use the word bank to complete each sentence about good typing posture.

Word bank: straight · feet · home row · wrists · eyes · arm's length · break

1. Sit up **straight** with your back against the chair.
2. Keep both **feet** flat on the floor.
3. Rest your fingers on the **home row** keys.
4. Keep your **wrists** up. Do not rest them on the keyboard.
5. Keep your **eyes** on the screen, not on your hands.
6. Sit about an **arm's length** away from the screen.
7. Take a short **break** every 20 minutes to stretch.

True or False?

1. You should look at your fingers while you type. **False**
2. Your thumbs press the space bar. **True**
3. Pressing keys as hard as you can makes you type faster. **False**

My before-I-type checklist

☐ Back straight
☐ Feet flat
☐ Fingers on home row
☐ Wrists up
☐ Eyes on screen
☐ Screen an arm's length away

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