

Name: _____

Date: _____

Ergonomics & Keyboarding

Y W H R K G K J N P R C J U V R X U Y X A J Q E
J D D B H E F O Q K E Y B O A R D E L Q C D B X
I P T Q I N M H O K E G N I H C T E R T S O T T
X K G K C O L S P A C H R Y U H E W Y B M C J Y
A D O K O I X E L H G I I A N Y U E M M K U L P
Q H P S K A E R G O N O M I C S V P Y P I M C I
V O K R F M P I R D H P N D W O L R J P W E X N
P M A A N J M M X M B K X H A Q J D F S I N C G
Q E D B G T G V I W T I I E Z G E E M K E T K T
P R J E N G X D H F I S C H R W V S Z S V H V O
C O U C I R N A G Q D Z P L K R R K G L C O Y U
A W S A D I M O O O K Y M A F B M H H G H L E R
C K T P A W W T A K T Q A D V X O E A X P D V N
C E A S E J G L A R E S C R E E N I F P L E B A
U Y B Y R D K V E R F J U C S A M G C O D R B M
R S L H F O E W J J Z B R G R U U H T S H R W E
A O E A O N Q K G G Z M U J V Z G T I T Y K P N
C G C J O Y E K T F I H S K N R B I C U M G K T
Y J H M R G F R N G H A Z R M U P H X R K G H K
T S A R P Y J F L K A I H G U W P N S E I V A L
V E I I P C T O U C H T Y P I N G C T O V A J L
I Y R N E X O I P R M Z X R A I N M Z X U I F C
X Y Y N D P M P A Q Q N S K C E H C L L E P S Q
L L W J J X O M O N U Q O C N O F D U V Y G U T

Typing Tournament
Home Row Keys
Proofreading
Stretching
Space Bar
Accuracy
WPM

Adjustable chair
Touch Typing
Desk Height
Ergonomics
Shift Key
Posture

Document Holder
Glare screen
Spell Check
Caps Lock
Keyboard
QWERTY