



Module 1 - Recap card

Handling the mouse

Good practices for holding the mouse

- Position the mouse within **easy reach**.
- Use a **mouse pad**.
- Customise the mouse **sensitivity settings** to suit your preference.
- Hold the mouse with a **light, natural grip**.
- **Take regular breaks** to stretch your hands, wrists and fingers to prevent repetitive strain injuries.
- Make sure your chair and desk are at the right height so that your **forearms are parallel** to the floor when you use the mouse.
- If possible, choose an **ergonomic mouse** and use a wrist rest.





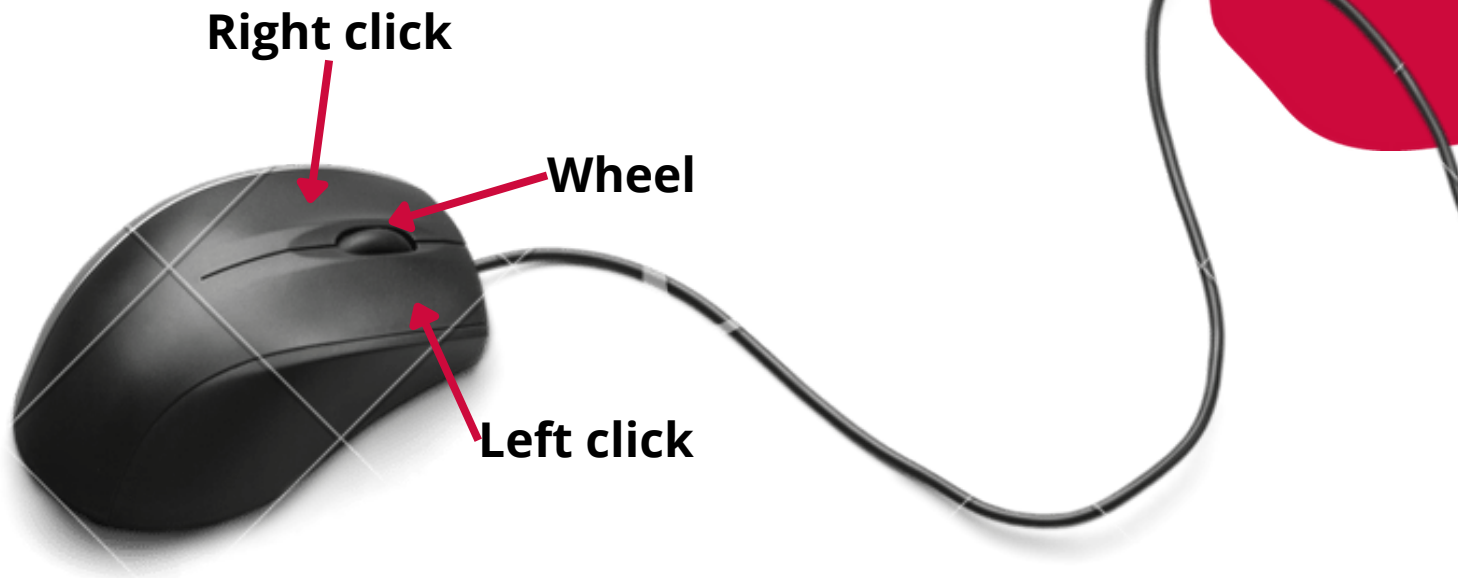
Co-funded by
the European Union



Module 1 - Recap card

Handling the mouse

Basic uses



Single click : Select an item.

Right-click : Access the context menu.

Click and drag : Move an element.

Drag : Select text.

Using the scroll wheel : Scroll a page.

Double-click : Open a file or folder.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project number KA220-YOU-000087118

