

Healthier ❤️ & Happier 😊 Hands 🙌

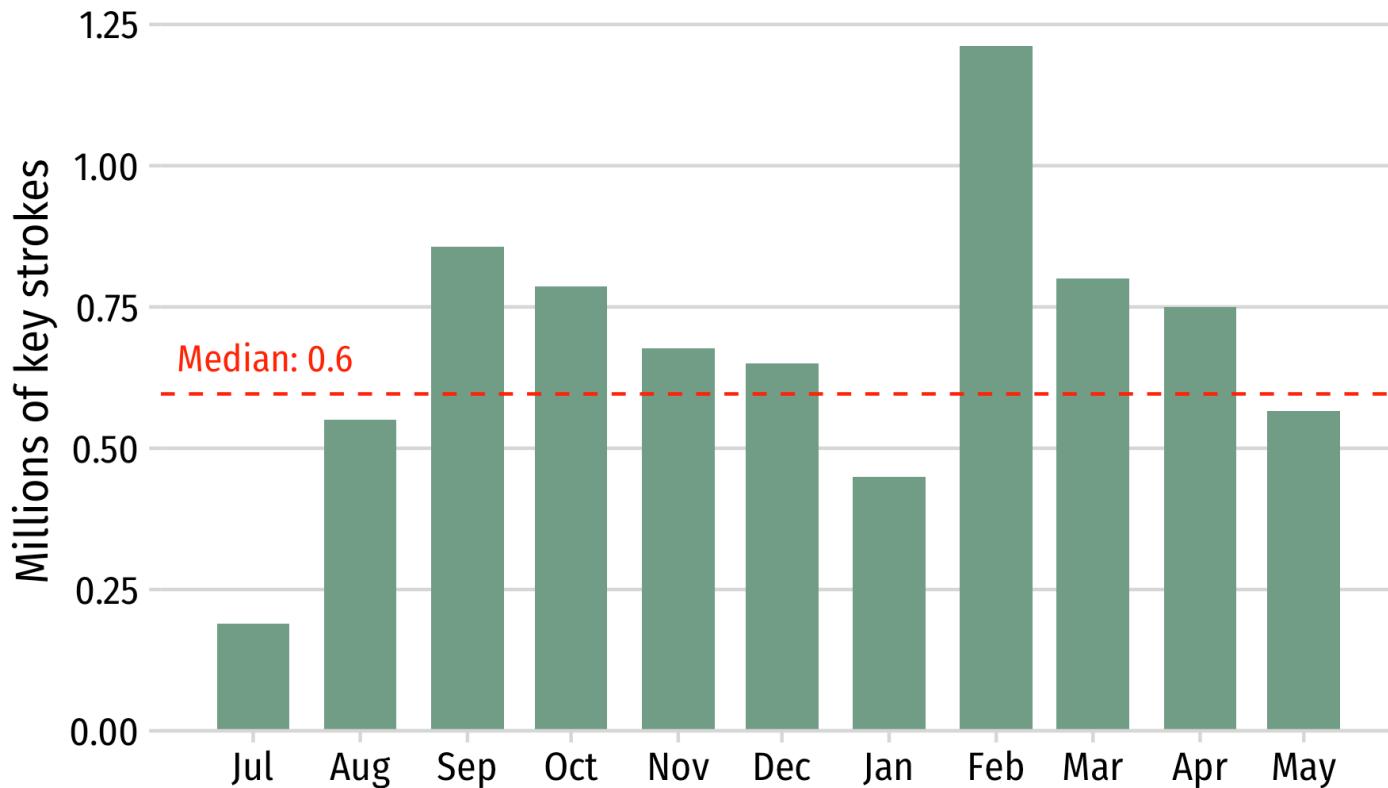
Software and Hardware Solutions for
More Ergonomic Typing

by John Paul Helveston

2025 OSCON @ GWU



I type ~7 million key strokes per year

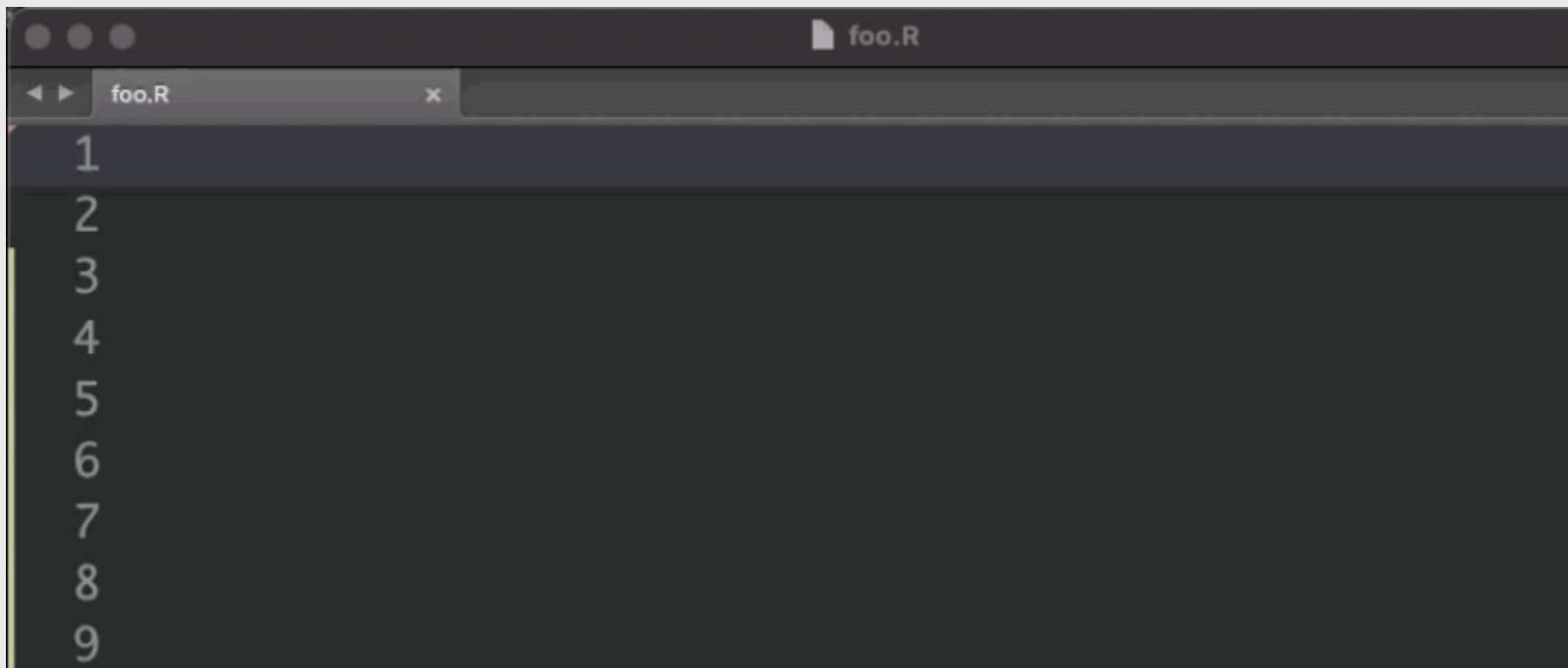


Tip #1: Practice Touch Typing

<https://www.keybr.com/>



Tip #2: Use a text expander like *espanso*



See my post on *espanso* at <https://www.jhelvy.com/blog>

Tip #3: Use custom keyboard layers

Base layer

1234567890
qwertyuiop
asdfghjkl'
zxcvnm,.:/



Shift layer

!@#\$%^&*()
QWERTYUIOP
ASDFGHJKL"
ZXCVBNM<>?

Tip #3: Use custom keyboard layers



Example: Caps Lock Layer

Cut, Copy, Paste Navigation



Forward / Back Delete

Tip #3: Use custom keyboard layers

Mac

<https://karabiner-elements.pqrs.org/>



Windows

<https://www.autohotkey.com/>



Tip #4: Use a split keyboard



Reduce **Ulnar Deviation**



Reduce Forearm Pronation



Think of your keyboard as a medical device



KINESIS Freestyle 2
\$89.00



Logitech - ERGO K860
\$129.00



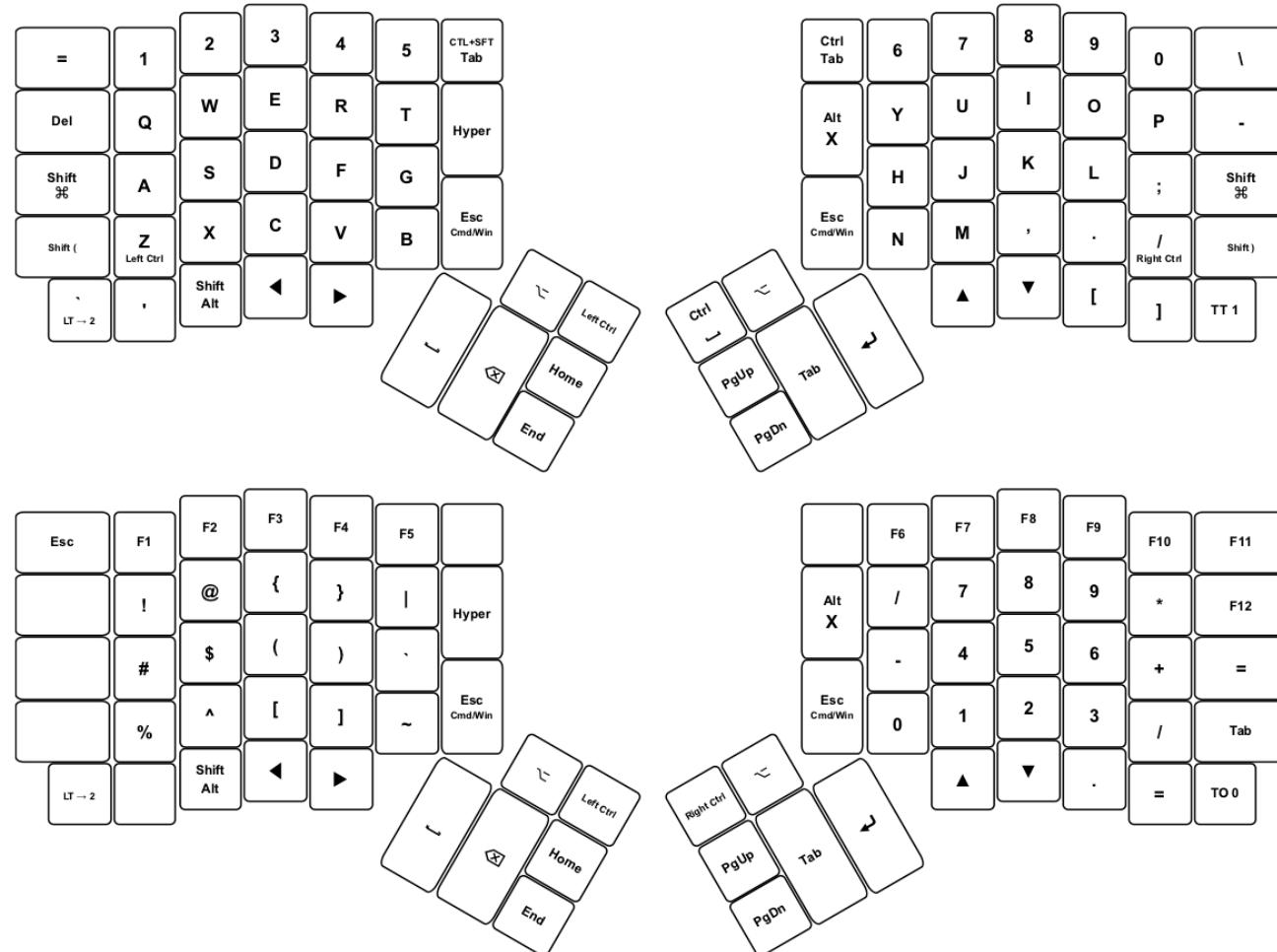
Average cost of glasses
\$242.00

Build Your Keyboard With Open Source Tools!



Iris (~\$200.00), Powered by [QMK Firmware](#)

Use a split keyboard *that is programmable*



My Iris Keyboard:



Thanks!



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