



Evaluate Your Laboratory Workstation

This checklist can help identify risk factors that can contribute to work-related musculoskeletal problems. Contact your supervisor to obtain assistance or referrals so you can set up a safe, comfortable workstation.

Laboratory Benches:

Is the height of your bench appropriate for work tasks?

Precision work = slightly above resting elbow height

Light work = slightly below elbow resting height

Heavy work = at hip level



Do you wear supportive, close-toe shoes or have a floor mat for standing tasks?

Can you prop up a foot on a stool or ledge when standing in one spot?

Do you work at a bench cut-out?

Does the bench have rounded or padded edges?

Bench Chair:

Does your chair support your back while you work?

Does the seat and seatback tilt forward?

Are your feet supported by the floor, a foot-ring or a foot rest?

If you have armrests, can they be adjusted to support your arms when working?



Microscopes:

Can you view the eyepiece while sitting in an upright, neutral position?

Is the microscope pulled out to the edge of the workbench?

Are your arms supported and relaxed at your sides when using the microscope?



Pipetting:

Are electronic, light-touch, or latch mode pipettes available for intensive pipetting?

Is the pipette designed for multiple finger use (instead of only the thumb)?

Are trays, beakers and supplies placed within easy reach?

Are your wrists in a straight or neutral position when working?

Are your arms and hands held close to your body?



Fume Hoods and Biological Safety Cabinets:

Are your arms relaxed when working in the fume hood or BSC?

Are work supplies within easy reach?

Are vials, tubes and receptacles as low profile as possible?

Can you see your work without tilting your head and neck?

Can you alternate sitting and standing while working?

Are sharp edges padded (with closed-cell materials) to reduce contact stress?



<http://ehs.ucr.edu/training/online/ergonomicslaboratory/indexlms.html>

Introduction to basic principles of ergonomics in the laboratory environment. Topics include: Understanding Ergonomics, Posture, Back Safety, Computers, Pipetting, Microscopy, Safety Hoods, Other Activities and Resources. Length: 35 min. Copyright 2010