

# LABORATORY ERGONOMICS SELF EVALUATION

Working safely in the laboratory requires more than just knowledge of hazardous material safety. Laboratory work presents with multiple ergonomic challenges.

A Self-Evaluation will help you identify ergonomics risk factors while performing your work in the laboratory. Contact your supervisor for assistance with issues identified in the self-evaluation below:

YES	NO	N/A	LAB BENCHES
			Is your lab bench height adjustable?
			Is your lab bench at the recommended height for your work tasks? <ul style="list-style-type: none"> <li>• Precision Work: Above elbow level</li> <li>• Light Work: Slightly below elbow level</li> <li>• Heavy Work: About 6" below elbow level</li> </ul>
			Do you have an anti-fatigue mat for prolonged standing?
			Do you have a footrest, a ledge or something to prop up one foot when standing for a prolonged period of time?
			Are the lab bench edges rounded and/or well padded?
YES	NO	N/A	LAB BENCH CHAIR
			Do you have a chair at the lab bench?
			Do you use a chair at the lab bench?
			Does the chair go high enough for you?
			Does the seat tilt slightly forward?
			Is the backrest supporting your lower back while working at the bench?
			Are your feet supported on the floor? Or a footrest?
			Are you supporting your feet on the foot ring? <ul style="list-style-type: none"> <li>• Note: Foot ring are often times adjustable. Avoid resting your feet on the foot ring for long periods of time as it may compromise your circulation</li> </ul>
			Are you using a footrest?
			If the chair is on wheels, are there 5-or-more wheels for stability?
YES	NO	N/A	PIPETTING
			Are your wrists in a neutral (straight) position when working?
			Are the trays, beakers and supplies placed within easy reach?
			Do you take micro-pauses while pipetting?
YES	NO	N/A	PIPETTES
			Do your pipettes require excessive forces to depress the plunger?
			Do you do frequent mixing?
			Do you do serial aliquoting?
			Are electronic, light touch or latch mode pipettes available for intensive pipetting?
			Are light touch multi-channel pipettes available for intensive pipetting?
YES	NO	N/A	MICROSCOPY
			Are you typically in a seated position?
			Is the chair at the microscopy station adjustable and comfortable?
			Is the microscope pulled out to the edge of the workbench?
			Does the microscope have an adjustable eye piece?
			Can you view the eye piece while sitting in an upright position?
			Are your arms supported and relaxed when using the microscope?
			Is there padding on the work surface to avoid contact stress?
YES	NO	N/A	FUME HOODS AND SAFETY CABINETS
			Are your arms relaxed when working in the fume hood?
			Are the edges rounded and/or padded to reduce contact stress?
			Are work supplies within easy reach in the cabinet?
			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?
			If sitting, does the chair go high enough for you?
			If sitting, is the chair adjustable and comfortable?
			If sitting, are your feet supported on the floor or a footrest?
			If standing, do you have a footrest or a ledge to prop up a foot?
YES	NO	N/A	MISCELLANEOUS
			Can you operate your microtome with your hand sideways i.e. in a pistol position?
			Do you alternate fingers when using pinch grip or forceps?
			Are vials easy to cap and thread?
			Are supplies and tools within easy reach?
			Are chemical and gas valves easy to reach and turn?
			Do you try to take breaks and/or change tasks every 20-30 minutes?