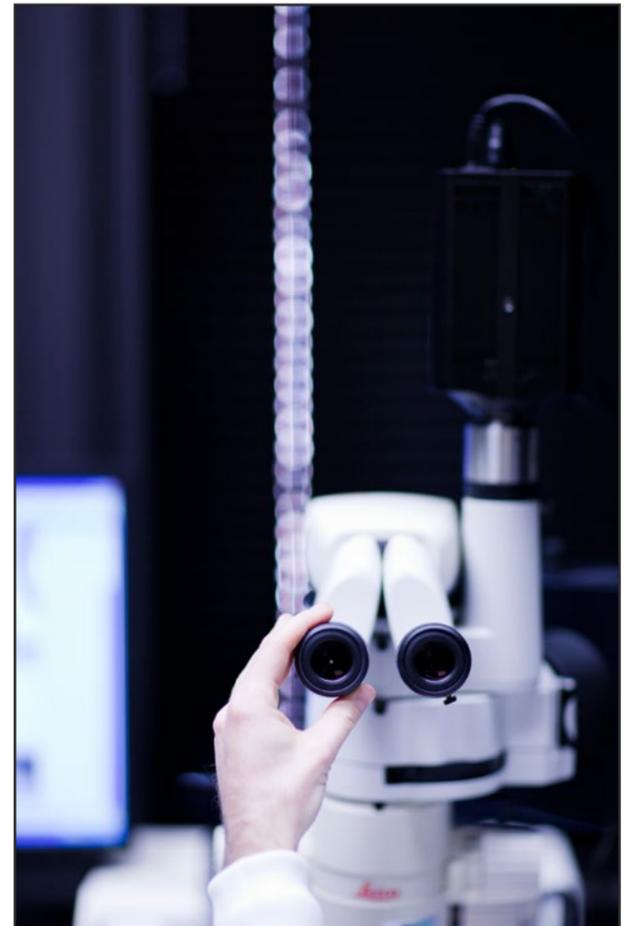


LABORATORY ERGONOMICS

Any and all work environments require a person to interact with their surroundings. In a laboratory, good ergonomics is often sacrificed for experimental efficiency. The following are ergonomic tips related directly to laboratory settings.

MICROSCOPE

- Use a chair that provides good back support.
- While seated, ensure your feet are supported (by the floor, footrest, or ring).
- Sit close to your work surface; remove false fronts and supplies from under the bench work area.
- Avoid leaning on hard edges or surfaces; use pads on your forearms or the edges.
- Keep arms relaxed and elbows close at your sides.
- Work with wrists in straight, neutral positions.
- Adjust your chair, workbench, or microscope as needed to maintain an upright head position.
- Elevate, tilt or move the microscope close to the edge of the counter to avoid bending your neck.
- Use adjustable eye-pieces or mount your microscope on a 30° angle stand for easier viewing.
- Use lifters and angled microscope arm supports to provide a comfortable working position.
- Keep scopes repaired and clean.
- Spread microscope work throughout the day and between several people, if possible.
- Take breaks. Every 15 minutes, close your eyes or focus on something in the distance. Every 30-60 minutes, get up to stretch and move.



PIPETTING

- Sit or stand close to your work at bench cut outs.
- Elevate your chair rather than reaching up to pipette.
- Do not twist or rotate your wrist while pipetting.
- Alternate or use both hands to pipette.
- Hold the pipetter with a relaxed grip.
- Use minimal pressure while pipetting.
- Use light force or two hands to change tips.
- Use low profile tubes, solution containers and waste receptacles, within easy reach.
- Select a light-weight pipetter sized for your hand.
- Use pipettors with finger aspirators and thumb dispensers to reduce thumb strain.
- Use latch-mode or electronic pipettors for repetitive pipetting.
- Take a 1 to 2 minute break after every 20 minutes of pipetting.



Information from UCLA Lab Ergonomics