

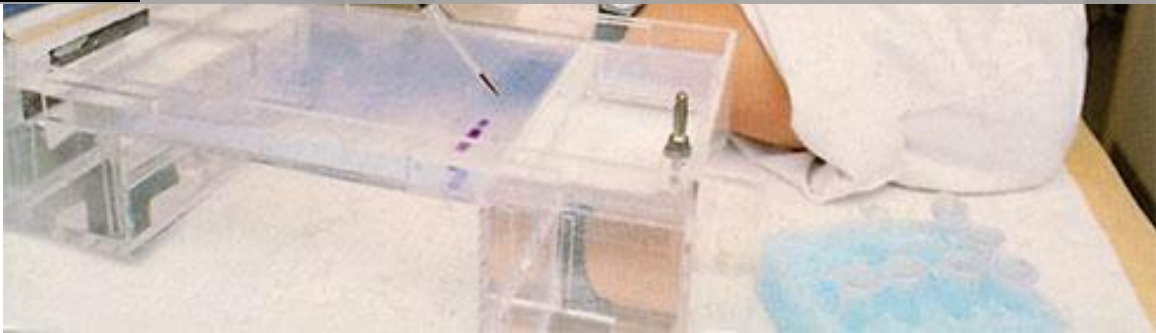


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LABORATORY ERGONOMICS MATTERS



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Employers Should Train Workers to Avoid Ergonomic-Related Risk Factors When Pipetting

Workers should be encouraged to do the following when pipetting:



- Elevate chair rather than reaching up to pipette.
- Do not twist or rotate their wrist while pipetting.
- Alternate hands or use both hands to pipette.
- Hold the pipette with a relaxed grip.
- Use electronic pipettes or light touch models whenever possible.
- Use minimal pressure while pipetting.
- Use a light amount of force or two hands to change tips.
- Use low profile tubes, solution containers and waste receptacles.
- Select a lightweight pipette, properly sized for their hand.
- Use pipettes with finger aspirators and thumb dispensers to reduce thumb strain.
- Use latch-mode or electronic pipettes for repetitive pipetting.
- Take a 1-2 minute break after every 20 minutes of pipetting.

Employers Should Train Workers to Avoid Ergonomic-Related Risk Factors When Using a Microscope

Workers should be encouraged to do the following when using a microscope:



- Sit close to the work surface.
- Avoid leaning on hard edges.
- Pad forearms and edges.
- Keep elbows close to their sides.
- Adjust chair, workbench, or microscope as needed to maintain an upright head position.
- Elevate, tilt or move the microscope close to the edge to avoid bending the neck.
- Use adjustable eyepieces or mount your microscope on a 30° angle stand for easier viewing.
- Keep scopes repaired and clean.
- Spread microscope work throughout the day and share it with several people, if possible.
- Take short breaks. Every 15 minutes, close the eyes or focus on something in the distance.

Every 30-60 minutes, get up to stretch and move!