

Ergonomics in the Lab

Poor Ergonomics



No legroom
limits access
to fume hood

Twisted
posture
strains
back
muscles



No legroom
forces
forward
bending,
straining
back
muscles

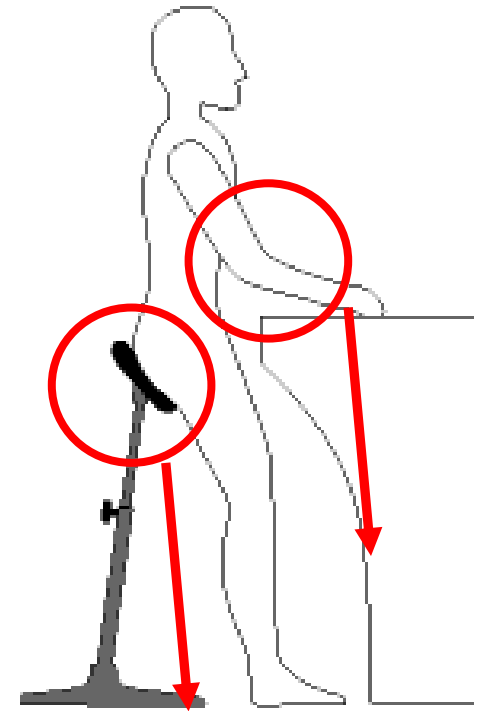
No legroom
forces forward
reaching,
straining lower
back and
shoulder
muscles

Better Ergonomics



Standing posture reduces
forward reaching and strain
on shoulders

Shift weight between feet
often to reduce strain on
lower back



Sit-stand stool
allows for
support while
reducing need
for legroom

Adjust stool
height so
elbows are 90-
110° when
working in the
fume hood

Alternating between seated and standing postures reduces strain on back and shoulders.
When there is limited legroom, standing or partially seated postures
reduce forward reach and strain on back and shoulders.