

# LABORATORY ERGONOMICS GUIDE

✓ DO

## MICROSCOPE WORK

X DON'T



- ✓ Adjust your chair to reduce neck flexion
- ✓ Raise your microscope height if your chair is not adjustable
- ✓ Offload stretch by tilting your head backwards



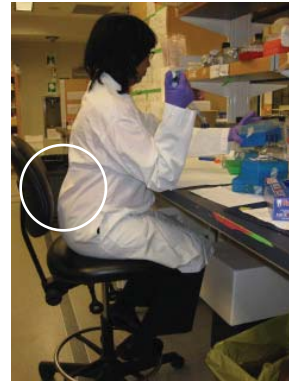
✓ DO

## PIPETTING

X DON'T



- ✓ Adjust your seat height so your elbow is at bench height
- ✓ Sit at the back of your chair, ensuring lumbar support
- ✓ Work close to your desk to reduce forward reach



✓ DO

## LABORATORY STORAGE

X DON'T



- ✓ Store heavy items between your chest and knuckle height
- ✓ Store frequently used items on easily accessible shelves



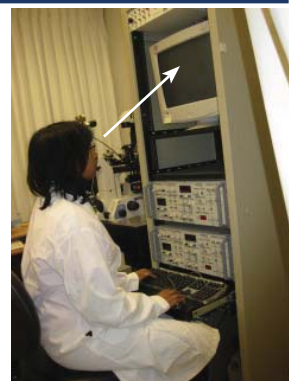
✓ DO

## COMPUTER WORK

X DON'T



- ✓ Ensure the top of your monitor is at eye height
- ✓ Keep your keyboard close to the edge of your desk and at elbow height
- ✓ Your mouse should be directly beside the keyboard



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## COMPUTER WORKSTATION SET-UP

X DON'T



- ✓ Place equipment requiring prolonged work in easily accessible areas with adequate legroom
- ✓ Store rarely used boxes or equipment under lab bench areas that don't require seated positions



✓ DO

## LAB BENCH WORKSTATION SET-UP

X DON'T



- ✓ Bring chair in close with legs under the lab bench
- ✓ Use backrest on chair
- ✓ Keep work close to reduce reaching
- ✓ Adjust footring to support feet in a comfortable position



✓ DO

## BIOSAFETY CABINET/FUME HOOD

X DON'T



- ✓ Adjust height of cabinet (or chair) so elbows close to 90 degree angle when working in cabinet
- ✓ Keep active work close to grill to reduce reach and 'dirty' work towards the back to avoid contamination



## WORK PRACTICES



- ✓ Rotate tasks to avoid performing the same task for long periods of time
- ✓ Stretch frequently throughout the day to reduce muscle tension
- ✓ Warm up before heavy lifting, pushing or pulling

