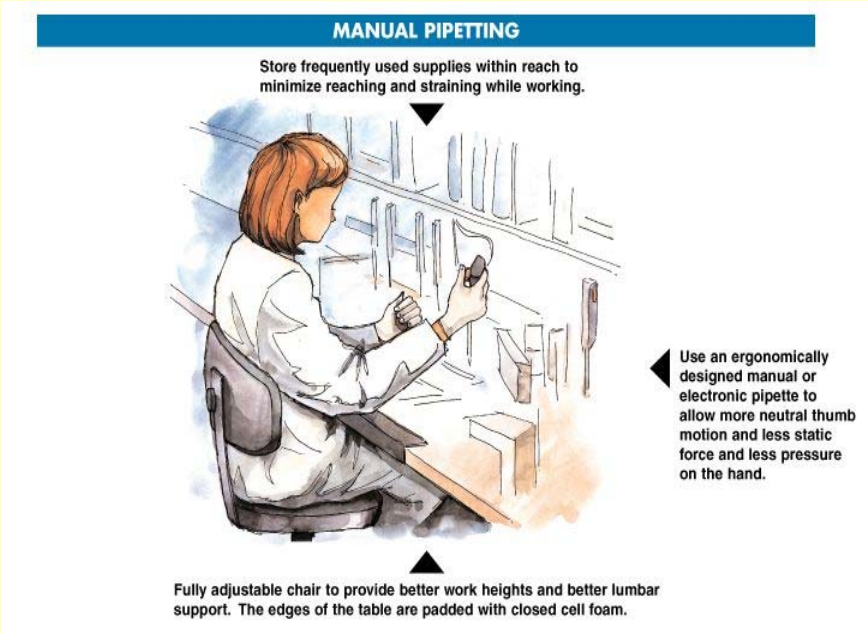
Are You Ergonomically Healthy?

Pipetting

- Wrists need to be in neutral position
- Work with elbows close to body
- Alternate hands
- Take adequate breaks
- Vary tasks
- Use pipetters that require less force to operate.



Tubes

•Use both hands to open tubes

•Use cap removers to minimize pinch gripping

•Use vortexer mixing racks instead of holding tubes by hand

•Arrange tubes to minimize reaching and twisting

Workspace adjustment

- Adjust your chair so that your work is at a comfortable height
- Adjust the foot ring on your lab chair to support your feet.
- Adjust the back rest to promote good posture

The Golden Rules of Ergonomics

•Take adequate breaks – Even small 3-5 minute breaks every 30-60 minutes will greatly reduce strain

•Vary tasks – Avoid doing the same activity for extended periods of time. Break up large projects into smaller 30-60 minute blocks

•Do stretches – Stretch neck, shoulders, back, arms, and wrists to reduce stress

•Pay attention – If you are sore, review your work station and how you perform your work duties.

Contact OEH&S if you need further help

Administrative Information Only