

POSITION

Keep your torso and neck aligned

Maintain an eye-task distance equivalent to the length of your forearm rather than having your arms outstretched

Do not twist or rotate your wrist while pipetting

Hold your pipette with relaxed grip

Keep your back straight and lift with your legs

Sit, rather than stand, and avoid standing for lengthy periods

Sit close to your work at bench cut outs and keep sufficient leg room so your knees fit under the bench

Adjust your chair to work height, rather than raising your arm or bending your neck while working

Sit against the backrest of your chair

Lean on your elbows when possible

POSTURE



Ergonomics: General Recommendations to Improve Your Comfort in Your Lab

REPETITIVE STRAIN INJURIES (RSI) RISK FACTORS

The appearance of RSIs has multiple origins.

Individual, psychological, and biochemical factors can act together and sometimes converge simultaneously to create RSIs.

Follow this guide to help protect yourself from strain and injury.

Individual Factors

- Age
- Gender
- Physiological health
- Psychological health
- Use of tobacco, alcohols, drugs
- Training
- Personal history

Psychosocial Factors

- Human interactions
- Time pressure
- Lack of autonomy

Biomechanical Factors

- Position
- Materials
- Work organization
- Posture

EQUIPMENT

Choose a pipette developed for the type of liquids you are working with

Use a pipette with a handle that fits comfortably in your hand

Use the manufacturer's pipetting system to ensure accuracy and precision, and to prevent high pipetting forces

Choose an electronic, motorized pipette to perform repetitive tasks

Use low profile tubes, solution containers and waste receptacles

Make sure your room is sufficiently lit

Work in stress-free, quiet environment

Organize your bench so that you can comfortably reach frequently used objects

Take a break every 20 minutes from repetitive tasks, and adapt your protocols accordingly

Vary working tasks

WORK ORGANIZATION