

# Laboratory Ergonomics Check List

## Lab Bench:

1. Is the height of the lab workstation appropriate for the task?

Precision work: just above elbow height

Light work: just below elbow height

Heavy work: 6 inches below elbow height

Yes

No

2. For activities requiring prolonged standing, is your lab area equipped with an anti-fatigue floor mat or footrest?

3. Does the work surface have padded or rounded edges?

## Chair:

4. Does your chair have adjustable/removable arm rests?

5. When sitting in the chair, are feet flat on the floor or a foot rest?

6. Is your back well supported by the back rest?

7. Does the seat and back rest tilt forward?

## Microscope:

8. Can you view through the eyepiece while sitting upright?

9. Are your arms evenly supported and relaxed while viewing through the microscope?

## Pipetting:

10. Does the pipette allow you to use multiple fingers, instead of only the thumb?

11. Is the wrist neutral and straight during pipetting?

12. Are electronic pipettes available for highly repetitive or intensive pipetting?

## Bio-Safety Cabinets/Fume Hoods:

13. Are your arms relaxed while working in fume hood?

14. Can you alternate between sitting and standing during your task in the fumehood?

15. Are your supplies within easy reach in the fumehood?

16. Can you see your work without tilting or bending your neck forward?

## General Lab Set-up:

17. Are heavy boxes and equipment placed on shelves between knuckle and chest height?

18. Are chemical and gas valves easy to reach?

19. Is the lab area clean and uncluttered?

20. Do you take breaks from your task every 20-30 minutes?

21. Is assistance available for heavier lifting?