

# LAB ERGONOMICS

## ERGONOMICS ALWAYS

Adjust the workstation to  
best fit the employee

Adjust height of the  
cabinet or chair so  
elbows are close to 90°

### WORKSTATION DESIGN

- Bring chair in close to workstation with legs under lab bench
- Position materials as close as possible to avoid extended reaching

### WORK POSTURES

- Work with arms close to the body to reduce strain on shoulders and avoid resting on a hard surface
- Adjust chair height so that your feet rest comfortably on the floor or footrest
- Use an anti-fatigue mat and wear comfortable footwear during prolonged standing

### WORK ORGANIZATION


- Stretch frequently throughout the day to reduce muscle tension
- Rotate tasks to avoid performing the same task for extended periods of time
- Limit periods of continuous pipetting to 20 minutes or less

### MANUAL MATERIALS HANDLING


- Take short breaks to relieve forearm and wrist pressure
- Do not twist or rotate wrist while pipetting

### WORK ENVIRONMENT

- Ensure adequate lighting and temperature



Frequent work should be  
kept within forearm  
length, 30 cm forward or  
40 cm either side



Keep head and  
shoulders in a  
neutral position

Some tasks performed in  
research labs can lead to joint  
and muscle strain if done for  
prolonged periods of time



For more information about ergonomics, visit  
<https://fhs.mcmaster.ca/safetyoffice/ergonomics.html>