

Laboratory Ergonomics Checklist

Laboratory work can be associated with discomfort due to sustained postures and repetitive motion. Please use this checklist to identify and address common laboratory risk factors.

If you answer **No** to any of these questions, refer to the corresponding recommendations. If you are unable to implement the recommendations or the recommendations do not help, please contact Ergonomics for assistance.

Checklist Questions		Yes	No	Recommendations
Setup	Do you have all the equipment at the workstation?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> • Bring all required equipment to your workstation. • Position frequently used items within an arm's reach. • Aim for knees to be at 90° in sitting. • Consider a footstool if the stool or workbench is too high or change chairs.
	Are regularly used items within an arm's reach?	<input type="checkbox"/>	<input type="checkbox"/>	
	Is the workbench clear of unnecessary items?	<input type="checkbox"/>	<input type="checkbox"/>	
	Is the lighting in the room adequate?	<input type="checkbox"/>	<input type="checkbox"/>	
	Is the work surface close to elbow height?	<input type="checkbox"/>	<input type="checkbox"/>	
	Are your knees close to 90° (if seated)?	<input type="checkbox"/>	<input type="checkbox"/>	
	Do you have adequate clearance for your legs?	<input type="checkbox"/>	<input type="checkbox"/>	
Pipetting	Is manual pipetting limited to < 4 hours / day?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> • Use electronic pipettes more frequently. • Use aliquoting pipette controller to reduce thumb repetition. • Avoid pipetting with the elbows straight.
	Are electronic single- or multichannel pipettes available?	<input type="checkbox"/>	<input type="checkbox"/>	
	Can the pipette plunger be easily depressed?	<input type="checkbox"/>	<input type="checkbox"/>	
	Do you keep elbows bent and close to you when pipetting?	<input type="checkbox"/>	<input type="checkbox"/>	
	Are your wrists neutral (straight)?	<input type="checkbox"/>	<input type="checkbox"/>	
Microscopy	Are you typically in a seated position?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> • Maintain upright posture when using microscope. • Bring microscope closer to you. • Place padding on edge of workbench.
	Can the microscope be brought to the edge?	<input type="checkbox"/>	<input type="checkbox"/>	
	Can you view the eyepiece while sitting upright?	<input type="checkbox"/>	<input type="checkbox"/>	
	Is there padding to reduce contact stress?	<input type="checkbox"/>	<input type="checkbox"/>	
Miscellaneous	Do you have an anti-fatigue mat for prolonged standing?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> • Consider anti-fatigue mat if standing for long periods. • Use height adjustable stool. • Take regularly scheduled breaks every 30-60 minutes.
	Is a comfortable, adjustable stool available at your workstation?	<input type="checkbox"/>	<input type="checkbox"/>	
	Can you take breaks when needed?	<input type="checkbox"/>	<input type="checkbox"/>	

