

Ergonomically Designed Lab Equipment and Supplies

Guideline

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Consider using the following equipment and supplies when setting up or renovating your lab or upgrading your lab equipment.

- Lab equipment
 - Laboratory chairs and stools with:
 - Adjustable backrest and seat height
 - Foot rings (or foot rest if foot rings are not viable)
 - Cut-out work tables for microscopes
 - An electric or multi-channeled pipettor to perform computer-activated multiple dispensing instead of finger-activated dispensing
 - An electronic pipettor with a “mixing” function for tasks such as adding or aliquotting materials
 - Reverse forceps
 - An automatic microtome
 - Automatic foot operated cryostat
 - Microtome or cryostat handle adapter to enable the operator to use the hand wheel in a pistol grip position
 - Light-weight centrifuge rotors
- Comfort supplies
 - Anti-fatigue matting or anti-fatigue shoe covers for lab stations in which staff will be standing for long periods of time
 - Electronic or latch mode pipettes (when pipetting for more than 5-10 minutes at a time) without sharp edges
 - Pipettes with trigger mechanisms requiring less force to activate
 - Closed-cell padding, in which the material must be non-porous and easily cleaned, for the front edge of the biological safety cabinet (away from the downdraft) or workbench.
 - Factory-applied movable armrests external to the cabinet or edge of the workbench to provide support for the arms and still maintain the required airflow
 - Padding to place on the edges of sharp surfaces
 - Arm rest for microscope work
 - Pencil grips (foam pieces) to put on pencils and forceps
- Lab supplies
 - Shorter pipettes
 - Thin wall pipette tips (that fit correctly and are easy to eject)
 - Low profile waste receptacles for used pipette tips (they should be no higher than the top of the tubes being filled)
 - Plastic vials with fewer thread