

# Fast Facts

## *about Microscope Work*

Operating a microscope for long hours will cause strain on your neck, shoulders, eyes, lower back, arms and wrists. Working at a microscope that is not at the correct height and angle requires a hunched position and contact pressure from the work surface on the forearms.

### Work Station Set Up

- Remove false fronts and supplies from under the bench work area to ensure adequate leg room
- Adjust your chair, microscope, or workbench as needed in order to maintain an upright head position
- Use a chair that provides good back and thigh support. One with adjustable height and seat angle works best.



### Healthy Work Habits

- Avoid leaning on hard edges— use pads or supports
- Avoid long uninterrupted periods of microscope work by rotating tasks and taking frequent rest breaks.
- Close your eyes or focus on something distance every 15 minutes to reduce eye strain
- Get up to move and stretch every 30-60 minutes



### Microscope Adjustments

- Use adjustable eye-pieces or mount your microscope on a 30° angle for better viewing
- Elevate, tilt or move the microscope closer to the edge of the counter to avoid bending your neck
- Keep your scopes clean and repaired



### Posture

- Sit close to your work
- Keep elbows close to your sides
- Work with your wrists in a straight or neutral position
- Keep your back straight— keep the curves!
- Your feet should be comfortable supported by the floor or a footrest

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