

# Fast Facts

## *about Ergonomics & Pipetting*

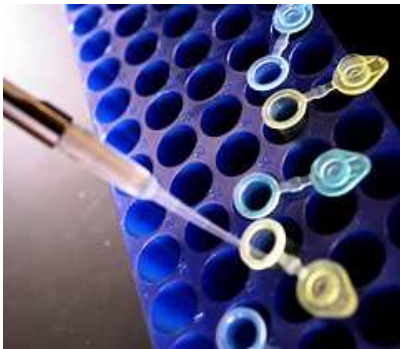
Pipetting is one of the most common tasks performed in research laboratories. It presents numerous ergonomic risks:

1. Thumb Force
2. Repetitive Movements
3. Awkward Postures of the wrists, arms and shoulders



### Pipette Selection

- Use shorter pipettes and tips
- Select a light-weight pipetter sized for your hand
- Utilize multi-channel pipettes to reduce the repetition whenever feasible
- Consider pipettors with finger aspirators and thumb dispensers to reduce thumb strain
- Use latch-mode or electronic pipettors for repetitive pipetting

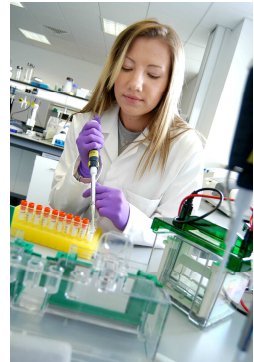


### Healthy Work Habits

- Take 1-2 minute rest breaks every 20 minutes
- Occasionally alternate activities to avoid prolonged periods of continuous pipetting
- Rotate pipetting tasks with other qualified lab personnel
- Alternate the workload between right and left hands
- Consider implementing a stretch break program during prolonged periods of pipetting

### Posture

- Maintain straight wrists- do not twist or rotate them when pipetting
- Hold the pipetter with a relaxed grip
- Keep your elbows close to your body
- Sit or stand close to your work



### Workstation Set Up

- Keep waste bins, beakers, and other equipment within easy reach and in a logical work order
- Use low profile tubes, solution containers and waste receptacles
- Adjust the height of sample holders, solution containers and waste receptacles to avoid bending and twisting of the wrists and elevation of the shoulders
- Use anti-fatigue matting when standing for long periods of time



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