

## Enjoy Your Day in the Lab With Better Ergonomics!

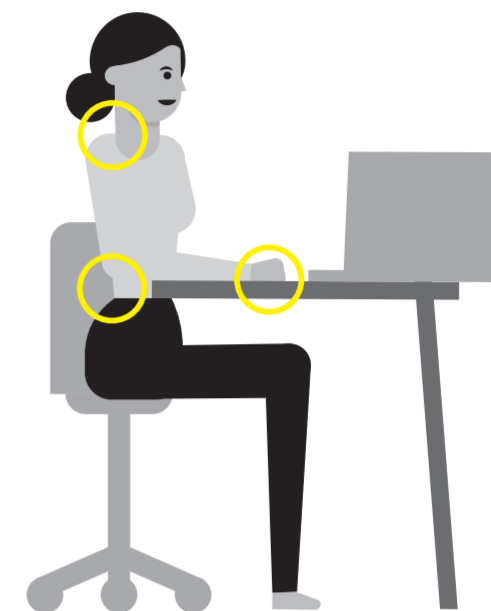
### Make Sure Your Working Position is as Neutral as Possible:

- **Head** in-line with the torso
- **Shoulders** relaxed
- **Spine** supported in a neutral posture
- **Elbows** close to body, bench aligned with elbows
- **Hips and thighs** perpendicular to the floor



### In Seated Position Also:

- **Lower back** supported by backrest
- **Knees** at the same height with hips
- **Feet** supported by the floor



**Spread** repetitive work throughout the day.

**Rotate** repetitive tasks among colleagues.

**Select** tools that have been designed for optimal ergonomics and are the right size for your hands.

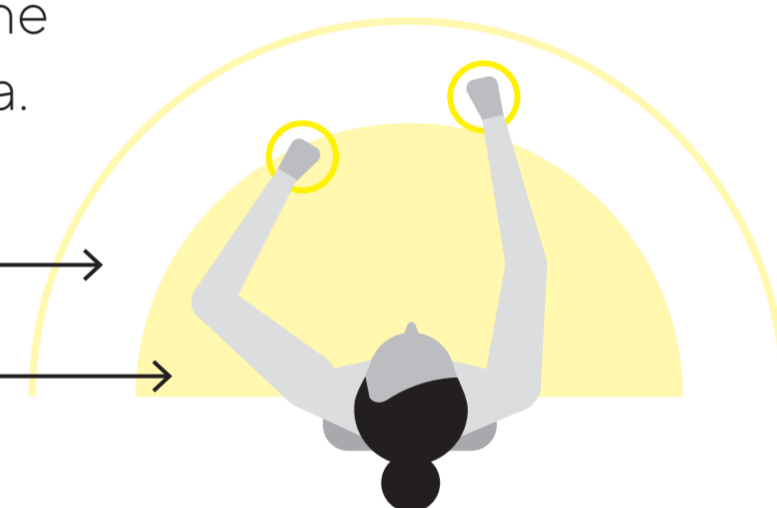
**Vary** your routine and switch holding the items between right and left hand.

### Minimize Unnecessary Reaching

Sit close to your working area and place frequently used items within the normal working area. Less frequently used items can be placed within the maximum working area.

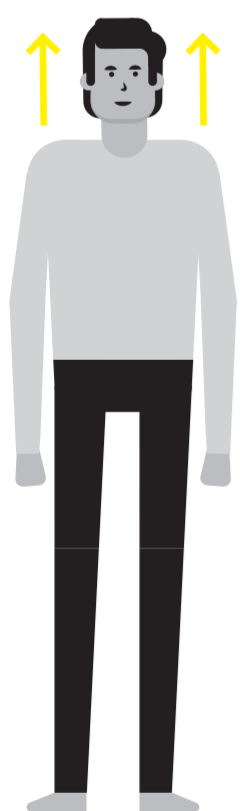
Maximum working area →

Normal working area →

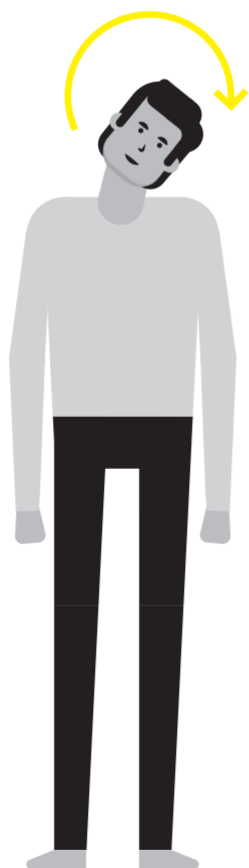


## Take Breaks!

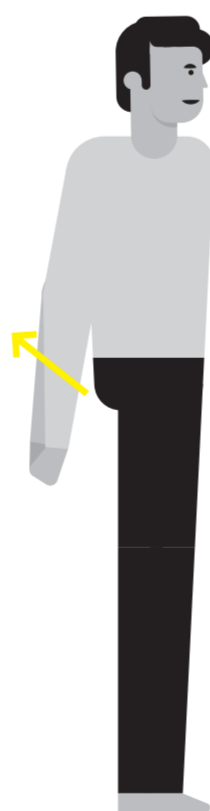
It is advised to take 5-minute breaks every 20 minutes of pipetting. Exercising during your breaks improves your well-being.



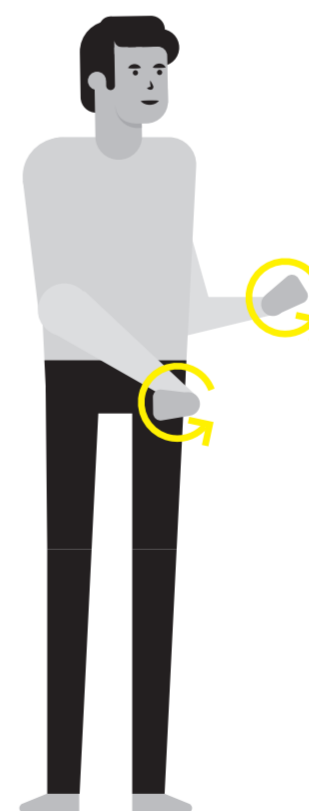
**Lift your shoulders** towards your ears and hold for 10 seconds.



**Neck stretches—to both sides in gentle and slow movement.** Start from neutral posture and keep shoulders relaxed.



**Shoulder and chest stretch.** Put both arms behind your back and join hands together. Lift arms gently upwards and hold.



**Rotate your wrists.** 5–10 rounds in both directions.



**Stretch your arms and shoulders** by bringing your arm across your body and holding it with your other hand for 10 seconds.