

## Laboratory Benches

	Yes	No
Is anti-fatigue matting supplied to increase comfort during standing tasks?	<input type="checkbox"/>	<input type="checkbox"/>
Does the individual wear shoes appropriate for prolonged standing?	<input type="checkbox"/>	<input type="checkbox"/>
Is the work bench height appropriate for the work performed? (Precision Work: 1-2" above elbow height Light Work: 2-4" below elbow height Heavy Work: 8" or more below elbow height)	<input type="checkbox"/>	<input type="checkbox"/>
Does the individual work at a bench cut out? Is there adequate leg room?	<input type="checkbox"/>	<input type="checkbox"/>
Is the individual able to prop a foot up on a stool or ledge?	<input type="checkbox"/>	<input type="checkbox"/>
Do any sharp edges along the bench top have a waterfall or sloped edge OR have padding to reduce the contact pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Are items within easy reach?	<input type="checkbox"/>	<input type="checkbox"/>

## Laboratory Chairs

	Yes	No
Does the chair support the individual's low back during his/her work?	<input type="checkbox"/>	<input type="checkbox"/>
Are the individual's feet supported by the floor, a footrest, or a foot ring?	<input type="checkbox"/>	<input type="checkbox"/>
Can the chairs in the laboratory be adjusted to accommodate all of the individuals who need to use the chairs?	<input type="checkbox"/>	<input type="checkbox"/>

## Microscopes

	Yes	No
Is the individual able to avoid a rounded or hunched shoulder posture when using the microscope?	<input type="checkbox"/>	<input type="checkbox"/>
Is the individual able to maintain a relatively neutral neck position (no more than 25° of forward bending)?	<input type="checkbox"/>	<input type="checkbox"/>
Is contact pressure between the individual's forearm and hard surfaces or sharp edges avoided or padded?	<input type="checkbox"/>	<input type="checkbox"/>
Is the microscope position at the near edge of the bench or work surface?	<input type="checkbox"/>	<input type="checkbox"/>
Is there sufficient leg room?	<input type="checkbox"/>	<input type="checkbox"/>
Are the individual's feet supported by the floor, a footrest, or a foot ring?	<input type="checkbox"/>	<input type="checkbox"/>
Has the individual been shown how to properly sit at a microscope work station?	<input type="checkbox"/>	<input type="checkbox"/>
Does the individual take hourly breaks from microscope work?	<input type="checkbox"/>	<input type="checkbox"/>
Are additional supplies within easy reach?	<input type="checkbox"/>	<input type="checkbox"/>

## Pipetting

	Yes	No
Is the pipetter the proper size and shape for the individual?	<input type="checkbox"/>	<input type="checkbox"/>
Are electronic pipetters provided?	<input type="checkbox"/>	<input type="checkbox"/>
Are light-touch manual pipetters provided?	<input type="checkbox"/>	<input type="checkbox"/>
Are latch-mode pipetters provided?	<input type="checkbox"/>	<input type="checkbox"/>
Are the pipetters in good working condition?	<input type="checkbox"/>	<input type="checkbox"/>
Has the individual been trained how to properly operate the pipetter?	<input type="checkbox"/>	<input type="checkbox"/>
Does the individual pipette no more than 2 hours per day?	<input type="checkbox"/>	<input type="checkbox"/>
Are frequent breaks provided?	<input type="checkbox"/>	<input type="checkbox"/>
Does the individual maintain his/her wrists in a straight or neutral position while pipetting?	<input type="checkbox"/>	<input type="checkbox"/>
Are work items within easy reach?	<input type="checkbox"/>	<input type="checkbox"/>

## Fume Hoods/ Biological Safety Cabinets

	Yes	No
Are the individual's arms relaxed when working in the fume hood?	<input type="checkbox"/>	<input type="checkbox"/>
Are work supplies within easy reach to avoid extended reaches?	<input type="checkbox"/>	<input type="checkbox"/>
Is the individual able to view his/ her work without excessive neck flexion (> 25°)?	<input type="checkbox"/>	<input type="checkbox"/>
Is the individual able to alternate sitting and standing while working?	<input type="checkbox"/>	<input type="checkbox"/>

## Computer Workstations

	Yes	No
Is a seat provided?	<input type="checkbox"/>	<input type="checkbox"/>
Is the seat height adjustable to accommodate all individuals who will use the chair?	<input type="checkbox"/>	<input type="checkbox"/>
Is lumbar support provided?	<input type="checkbox"/>	<input type="checkbox"/>
Are the individual's feet supported by the floor, a footrest, or a foot ring?	<input type="checkbox"/>	<input type="checkbox"/>
Is the adequate leg room?	<input type="checkbox"/>	<input type="checkbox"/>
Is the adequate space for the mouse and keyboard to be at the same height and within easy reach? (They should be positioned so that the employee can rest their arms at their side with forearms parallel to the floor.)	<input type="checkbox"/>	<input type="checkbox"/>
Is there adequate space to place the monitor at arm's length distance from the user?	<input type="checkbox"/>	<input type="checkbox"/>
Is the monitor at the recommended height (the top of the screen should be at or below eye level)?	<input type="checkbox"/>	<input type="checkbox"/>
If documents are frequently used, is there a document holder?	<input type="checkbox"/>	<input type="checkbox"/>

## Miscellaneous

	Yes	No
When performing any repetitive tasks, are frequent breaks provided?	<input type="checkbox"/>	<input type="checkbox"/>
Are employees encouraged to change tasks every 20-30 minutes?	<input type="checkbox"/>	<input type="checkbox"/>
Are vials easy to cap and thread?	<input type="checkbox"/>	<input type="checkbox"/>
Are heavy items stored on lower shelves (at or below waist height)?	<input type="checkbox"/>	<input type="checkbox"/>
Are chemical and gas valves easy to reach and operate?	<input type="checkbox"/>	<input type="checkbox"/>
When operating a microtome or cryostat, is the employee's wrist in a neutral or straight position?	<input type="checkbox"/>	<input type="checkbox"/>

**If you answered “No” to any item, you may be at risk!**

Please contact the [Ergonomics Program](#) or call 2-6315 for more information or to request an ergonomic evaluation of your laboratory.