

Laboratory Ergonomics Self-Assessment Checklist

Computer Workstations

- Is a proper seat provided?
- Is the seat height adjustable within the recommendations?
- Is a lumbar back support provided?
- Is a footrest provided?
- Is there ample leg room?
- Are all adjustability features easy to use?
- Is there enough room to accommodate a keyboard and a computer mouse so the employee can rest their arms at their side and forearms parallel to the floor?
- Is there ample room to place the monitor at arm length's distance?
- Is the monitor at the recommended height?
- If the documents are frequently used, is there a document holder?

Laboratory Benches

- If the worker stands, is an anti-fatigue mat supplied?
- Is the height of the bench appropriate for the work that is performed?
- Is there adequate leg room?
- Do contact stressors exist such as bench tops with sharp edges?

Laboratory Chairs

- Can all laboratory chairs be adjusted to accommodate all of the employees who need to use the chairs?

Microscopes

- Do the shoulders appear rounded and/or is the worker hunched over?
- Is there excessive neck flexion (>25 degrees)?
- Are there contact stresses between sharp edges and the forearms?
- Is the microscope pulled out to the edge of the workbench?
- Are armrests or padding provided?
- Is there sufficient leg room?
- Does the worker rest their feet on the lab stool?
- Is there a foot rest provided?
- Has the individual been trained how to properly sit at a microscope workstation?
- Are microscope work breaks provided?

Pipetting

- Are manual pipetters used?
- Are electronic pipetters provided?
- Are latch-mode pipetters provided?
- Is the pipettor designed to reduce contact with sharp edges?
- Have all individuals been trained how to properly operate the pipettor
- Does the worker pipette more than 2 hours per day?
- Are frequent breaks provided?
- Is the pipettor computer-controlled to allow for computer-activated multiple dispensing instead of finger-activated dispensing?

Fine Motor Skills

- Are vials with the fewest threads allowed to be used?
- Does the worker perform dissection or micro-manipulation with forceps more than 5 hours per week?
- Are frequent micro breaks provided?
- Do contact stresses exist between the forearm and workbench?

Microtome and Cryostat

- Does the worker use excessive wrist flexion and extension when operating the microtome or cryostat?
- Is the workstation at a height that reduces arm abduction as much as possible?
- Does the worker have access to an automatic microtome/cryostat?
- Are frequent breaks provided?
- Is a fully adjustable chair provided?