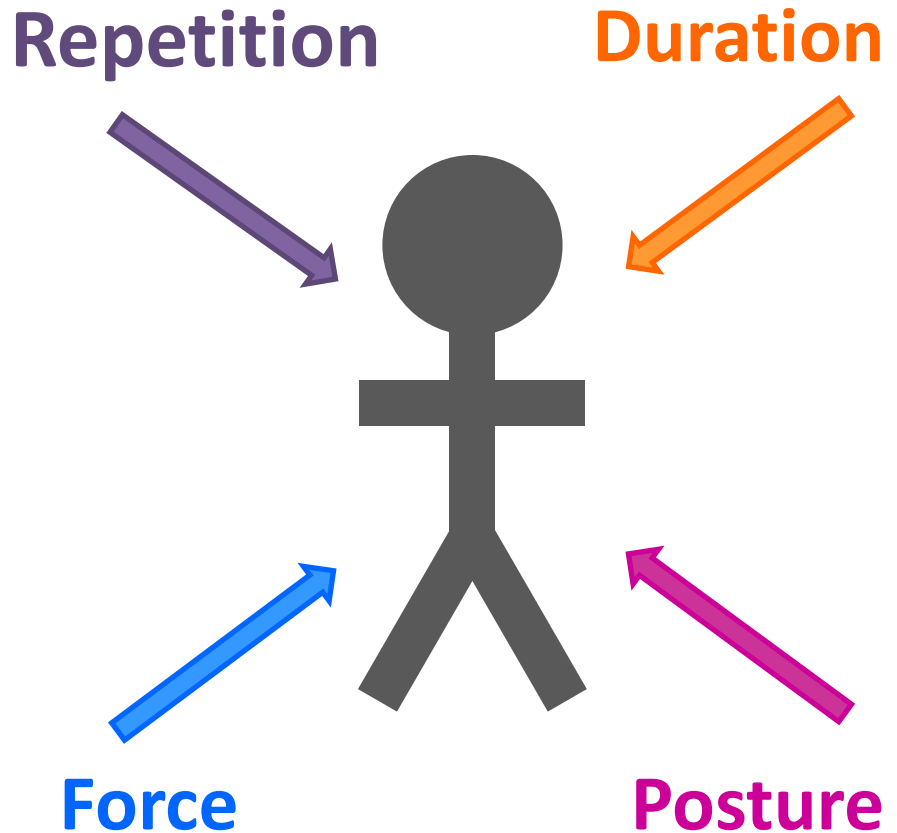




# Ergonomics

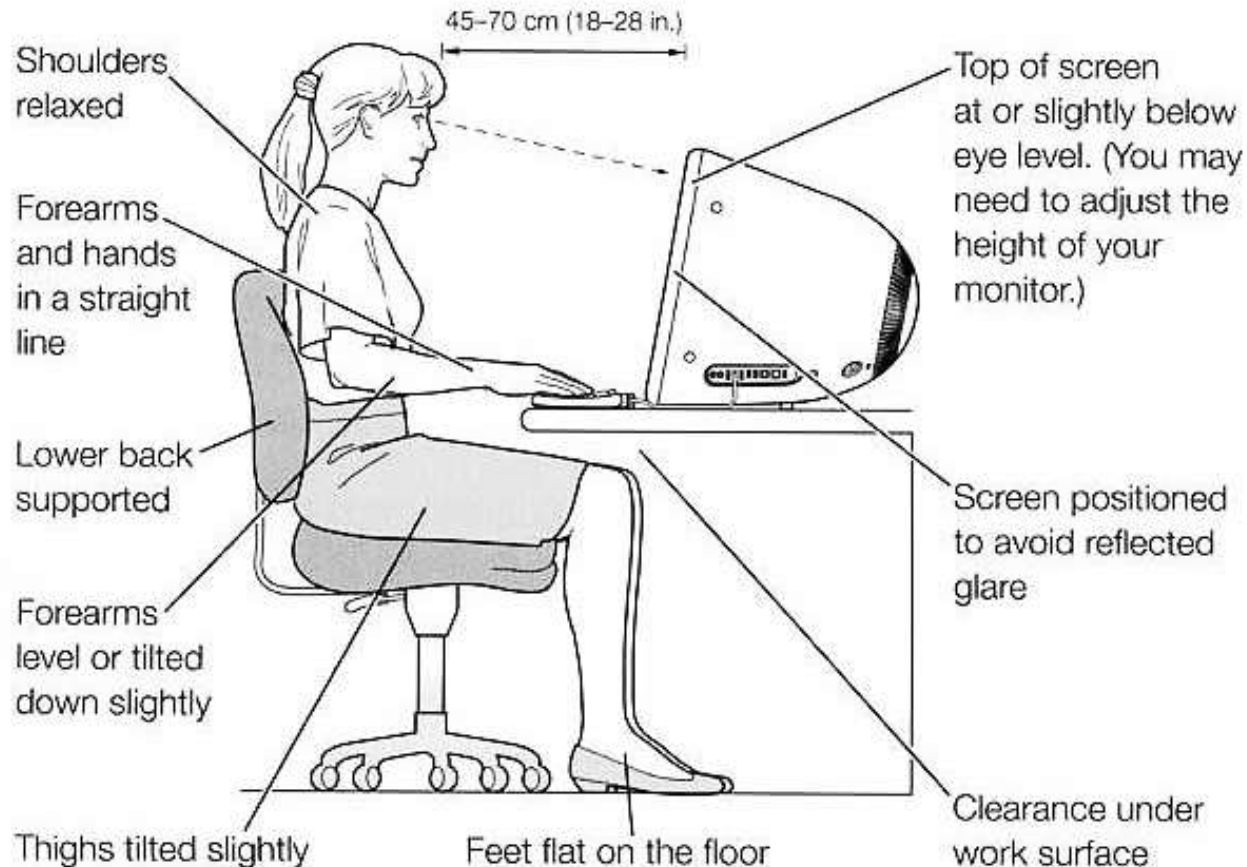
The science of designing and organizing equipment such that **people** use the **equipment** safely and efficiently, with the ultimate goal of minimizing risk factors for injury caused *over time*.

Equipment = chairs, bench tops, storage containers, instrumentation, pipettes, etc.



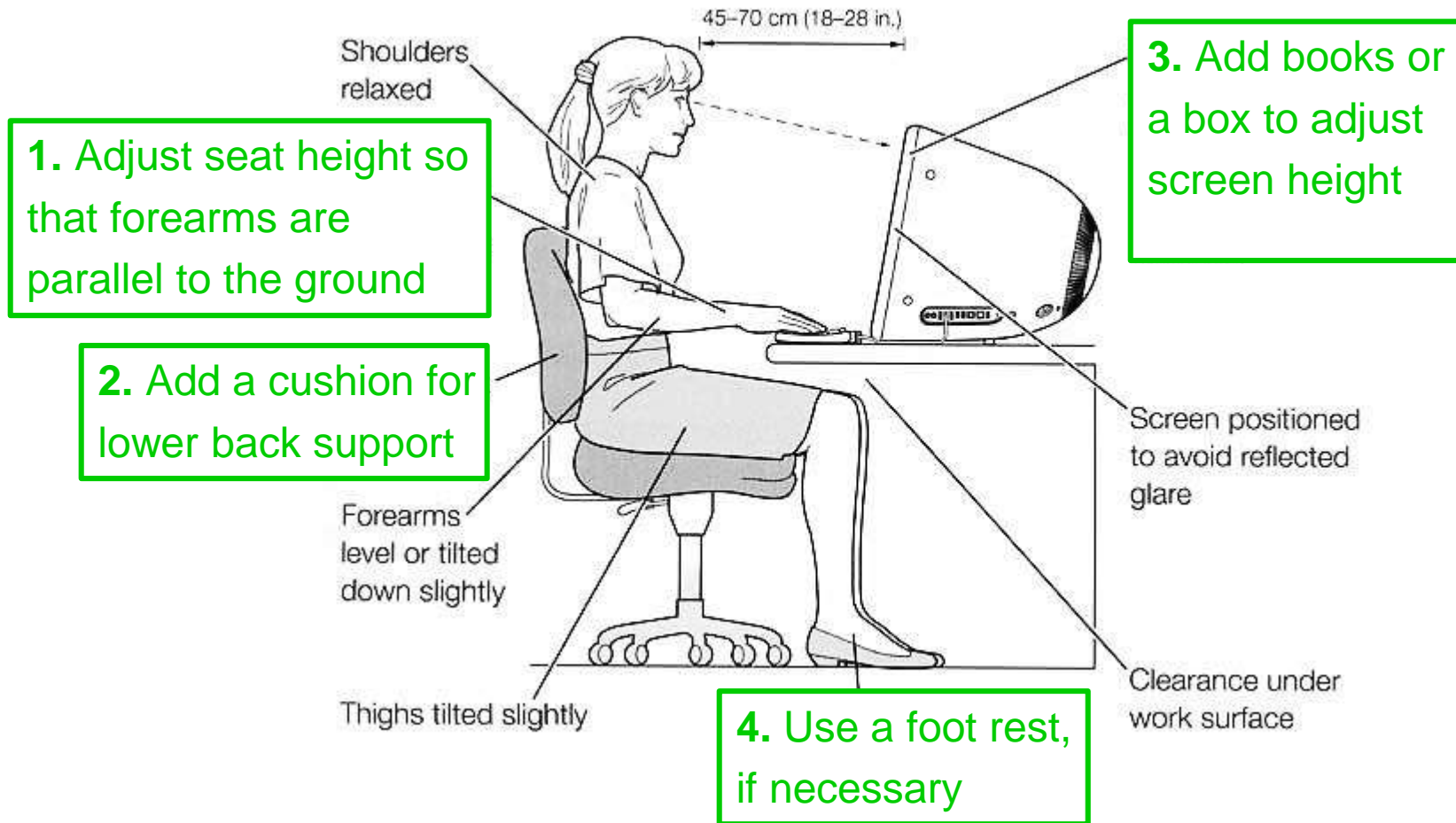


# Office Chair Ergonomics





# Office Chair Ergonomics





# General Ergonomics

- When standing
  - Wear comfortable (and safe!) shoes
  - Switch positions by propping foot up on a stool
- When seated
  - Work at a bench cut-out
  - Maintain proper posture
  - Do not over-reach
- Always take mini-breaks (20-30 seconds) every 20 minutes
- Rotate between tasks to work both efficiently and ergonomically