



Bench Posture – It Matters!

Pipetting involves long hours and a lot of repetition that, over time, can cause chronic musculo-skeletal disorders. But with good pipetting technique and good body mechanics, you can significantly reduce your risk of pain or injury and increase accuracy.

SITTING

Adjust your chair before starting work, making sure your feet rest firmly and comfortably on the floor or footrest, and that you have adequate back support.

POOR



- Neck and back bent
- Elevated shoulders
- Upper arms too high
- Elbow extended
- Wrist not straight

GOOD



- Back and neck in neutral position
- Upper arm relaxed and near vertical
- Wrist and forearm straight
- Thighs parallel with floor and feet firmly supported

STANDING

Periodically rest one foot on a step or stool, and be sure to alternate your weight between feet. When standing for prolonged periods, use a padded anti-fatigue mat.

POOR



- Neck, shoulders and back are stooped
- Elbow is flexed

GOOD



- Neck, shoulders and back are upright
- Upper arm is near vertical
- Elbow at 90°
- Forearm is parallel and aligned with wrist

PIPETTING

Whether sitting or standing, be sure the bench is a comfortable height and that frequently used items are within easy reach.

More good pipetting ergonomics:

- Avoid awkward, twisting movements
- Don't over reach
- Switch hands periodically
- Keep your grip loose
- Vary pipetting with other tasks
- Take frequent breaks
- **STRETCH!**
- Choose ergonomic pipettes, like Rainin Pipet-Lite® XLS+™ and E4® XLS+

POOR



- Upper arm flexed
- Elbow extended
- Wrist not aligned with forearm

GOOD



- Forearm parallel to the floor
- Wrist and forearm aligned

- Wrist extended backward
- Forearm contact stress on the bench



For technical papers and other pipetting ergonomics information, please visit www.mt.com/gpp

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