

# How to Set up a Microscope Ergonomically

Once the right microscope has been selected, careful consideration is required to use the ergonomic features to their full extent. A five-point checklist can help microscopy workflows to pick up S.T.E.A.M. (Seat, Table, Eyepieces, Arms, Movement) by enabling the most comfortable posture.

**Seat.** You have to start from the bottom up. Start with the seat to make sure you get the right position. Make sure the bottom is at the back of the seat and that the lumbar spine is supported. Once the lumbar spine is supported, this brings a good posture to the rest of the back, which includes the neck.

**Movement.** A final consideration for microscope setup is your ability to move once a position starts to become uncomfortable. It's very nice to be able to make some slight movements – even if you're in the most ergonomic position. Humans don't like to be in the same position all day, having some variation will result in less fatigue.

**Eyepieces.** When using an ergonomic microscope with a flexible head, further adjustments can be made to customise the position of the eyepieces. For example, the eyepieces can be brought closer to the operator or rotated in order to get a more horizontal viewing angle.



**Arms.** Without the right ergonomic setup there is often some degree of tension in the arms. Tension can be reduced by having focus controls placed in a position within reach of relaxed arms.

**Table.** The next important point to consider is the position of the microscope on the table. The microscope should be brought as close to the edge of the desk as possible to prevent you from having to move forward to see through the eyepieces.

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