About this list:
This product list contains laboratory equipment evaluated and approved by Stanford Environmental Health and Safety as ergonomically-sound for University laboratory work. Items on this list can help solve common ergonomic problems related to laboratory work.

Beware that no one product will guarantee proper ergonomics. Workstation adjustments and proper work practices are essential to comfort at work. To learn more about working comfortably in the lab, refer to the training and resource information on Page 2.

In helping keep the product list as current as possible, please inform EH&S (at 3-0448) of any new items you discover to be substantially better than the current pre-approved products.
Ergonomics at Stanford University

Stanford University EH&S provides services to help campus departments prevent musculoskeletal injuries in the workplace. Major services include ergonomics training and consultation regarding workstation design and equipment.

**Laboratory Ergonomics (EHS-4800)**
This course provides complete guidance on properly adjusting your laboratory setup and covers the essential ergonomically-correct lab practices. The training appointments are scheduled through STARS (axess.stanford.edu). Departments wishing to schedule a special group session should contact EH&S at 3-0448.

**Computer Workstation Ergonomics (EHS-3400)**
This course provides complete guidance on properly adjusting your computer/office setup and covers the essential ergonomically-correct work practices. This training is available online through STARS (axess.stanford.edu). Departments wishing to schedule a special group session should contact EH&S at 3-0448.

**Ergonomics Program Website – ergostanford.stanford.edu**
- Ergonomic Equipment Reimbursement Fund information
- Workstation self-assessment tools
- Ergonomic injury symptom information
- Safe lifting/manual handling guidance
- Laboratory ergonomics information
- Exercises and stretches

**EH&S Pre-Approved Laboratory Products**
No one product will guarantee proper ergonomics or necessarily be an improvement for every individual or situation. Proper selection, adjustment, and use of equipment are essential practices for reducing the risk factors commonly associated with repetitive motion injuries.

**Ordering Equipment**
Products in this catalog can be ordered by contacting the vendor representative or through an online vendor using a department PCard.

For other ergonomic laboratory/office product options, Laboratory Equipment Reimbursement Fund information, or to schedule Laboratory Ergonomics training contact EH&S at 723-0448.
Email Office Relief at customercare@officerelief.com with the following information:

1) Your contact information and shipping information
2) Chair Information:
   - CHAIR MAKE/MODEL
   - FABRIC GRADE: See Below
   - FABRIC COLOR : See Below
   - DELIVERED ASSEMBLED

   Office Relief will provide a quote. Verify the quote is accurate.
   Order the chair with a PCard or as a non-catalog item in iProcurement – process at http://www.stanford.edu/group/fms/fingate/finsystem/iprocure/howto/create_standard_req.html

CHAIR COLOR OPTIONS

**Symphony Grade 3 (100% Vinyl)**
- 3V20 Piano
- 3V21 Drum
- 3V23 Trumpet
- 3V26 Treble
- 3V28 Cello
- 3V29 Harp
- 3V29 Cello
- 3V30 Gable

**Stage Grade 3 (100% Vinyl/Urethane Topcoat)**
- 3V50 Cars
- 3V52 Chicago
- 3V53 Grease
- 3V55 Aida
- 3V55 Silks
- 3V56 Fame

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3
### Office Master CLS53 Lab Stool - $263+

**Adjustment features:**
- Pneumatic lift
- Tilting backrest
- Back height adjustment
- Sliding seat

**Dimensions:**
- Overall width - 27”
- Overall height – 43-53.5”
- Back – 17”w x 16.5” h
- Seat - 19”w x 16.5-19”d
- Seat height – 25-33”

For order information or other laboratory stool options, contact EH&S (x3-0448).

### KR-200 Armrests

**Features:**
- Height and width adjustable T-arms
- Adjustable height range: 2.75”

### KR-465 Armrests

**Features:**
- Height and width adjustable T-arms with lockable fore-aft, side-to-side, and pivoting motion arm caps.
# Single Channel Mechanical Pipettes

## Ovation Bionatural Pipette

- Available in left or right handed models
- Minimizes wrist rotation
- Low activation force
- Mechanical Volume Adjust, Quick Set Digital Volume Adjust or Fixed Volume

To order or request a demo, contact Michael Barbieri ([michael.barbieri@thermofisher.com](mailto:michael.barbieri@thermofisher.com)) or Caroline Smullen ([caroline.smullen@thermofisher.com](mailto:caroline.smullen@thermofisher.com))

## Eppendorf Research Plus Pipetters

- Volume adjustment by turning
- Low operating force
- Volume display is in 4 digits
- Spring loaded tip cone for a tight fit

To order or request a demo, contact Michael Barbieri ([michael.barbieri@thermofisher.com](mailto:michael.barbieri@thermofisher.com)) or Caroline Smullen ([caroline.smullen@thermofisher.com](mailto:caroline.smullen@thermofisher.com))

## Rainin Pipet-Lite XLS+, LTS

- Low friction lip sealing system
- Antidrift volume adjustment
- Tip eject shock absorber
- Fully autoclavable shaft assembly
- Corrosion Free tip ejector and RFID advanced asset ID system
- LTS system to reduce tip ejection force

To order or request a demo, contact Katarina Short at [katarina.short@rainin.com](mailto:katarina.short@rainin.com) or (415) 846-8712
Rainin Liquidator 96 Manual Pipetting System

- Minimize repetitive pipetting
- Pipette as low as 0.5 µL
- Little training required
- Manual system, not robotic
- Can pipette up to 96 wells and reduce strain from single channel or multichannel pipettes.
- Unique pipette tips required for this device

To order or request a demo, contact Katarina Short at katarina.short@rainin.com or (415) 846-8712
### Single Channel Electronic Pipette

<table>
<thead>
<tr>
<th>Rainin E4 XLS+</th>
<th>Ovation Bionatural Pipette</th>
<th>Eppendorf Research Pro Pipetters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create and save Protocols</td>
<td>Requires a power supply</td>
<td>Programmable Modes</td>
</tr>
<tr>
<td>Joystick manipulation for navigating and pipetting</td>
<td>Available in left or right handed models</td>
<td>Individual aspiration and dispensing speeds can be programmed</td>
</tr>
<tr>
<td>Low eject force</td>
<td>Minimizes wrist rotation</td>
<td>Reverse pipetting, blow out, manual pipetting, and rinsing functions</td>
</tr>
<tr>
<td>GLP/GMP Secure</td>
<td>Low activation force</td>
<td>Fixed-Volume mode allows commonly used volumes for quick recall</td>
</tr>
</tbody>
</table>

To order or request a demo, contact Katarina Short at katarina.short@rainin.com or (415) 846-8712

To order or request a demo, contact Michael Barbieri (michael.barbbieri@thermofisher.com) or Caroline Smullen (caroline.smullen@thermofisher.com)

To order or request a demo, contact Michael Barbieri (michael.barbbieri@thermofisher.com) or Caroline Smullen (caroline.smullen@thermofisher.com)
Novus Single-Channel Pipettes

- Multilingual graphical user interface
- 10 pipetting options and 9 aspirate/dispense speeds
- Forward, reverse, diluting, stepper pipetting, mixing, sequential stepping, and more functions
- Available in left or right handed models
- Battery life for approximately 4000 pipetting operations, recharged in 1 hour
- Autoclavable tip cone ensures sterility and avoids cross-contamination

To order or request a demo, contact Michael Barbieri (michael.barbbieri@thermofisher.com) or Caroline Smullen (caroline.smullen@thermofisher.com)
# Multichannel Mechanical Pipette

## mLine Mechanical Pipettes

- Light pipetting and tip ejection forces
- Safe-Cone Filters and Full autoclavability
- Volume lock preventing accidental volume changes when pipetting

To order or request a demo, contact Shradda Venkat at Shradda_Venkat@vwr.com

## Rainin Pipet-Lite XLS Adjustable-spacer

- 6 or 8 adjustable nozzles to quickly transfer liquids from one format to another.
- Inter-pipette spacing is adjustable to accommodate for well sizes
- Low eject force
- Can help reduce repetitive pipetting
- Manual Version

To order or request a demo, contact Katarina Short at katarina.short@rainin.com or (415) 846-8712
# Multichannel Electronic Pipette

## Picus NxT Electronic Pipette

- Soft-touch operating button and electronic tip ejection
- Repeated blow-out function to help disperse very last droplets of liquid
- Safe-Cone filters reduce the risk of contamination
- Adjustment wheel offers fast volume setting and menu navigation
- User interface in a choice of English, French, German, Russian, and Chinese.
- Calibration adjustment in 1, 2, or 3 points
- Li-polymer battery enables charging in approximately 1 hour
- Pipetting modes include reverse pipetting, manual, multi dispensing, diluting, sequential dispensing, multi aspiration, and titrate.

To order or request a demo, contact David Wobber at david_wobber@vwr.com or (408) 206-3540

## Rainin E4 XLS+ Adjustable-spacer

- 6 or 8 adjustable nozzles to quickly transfer liquids from one format to another.
- Inter-pipette spacing is adjustable to accommodate for well sizes
- Low eject force
- Can help reduce repetitive pipetting
- Electronic version

To order or request a demo, contact Katarina Short at katarina.short@rainin.com or (415) 846-8712

## Ovation 12-Channel Pipette

- Equipped with multiple dispense, pipet, reverse pipet, mix and serial dilute operations and liquid handling functions with recall of stored volume settings
- Available in left or right handed models
- Replaceable 3 volt lithium battery with an expected life of 1 year or more of typical use

To order or request a demo, contact Michael Barbieri (michael.barbieri@thermofisher.com) or Caroline Smullen (caroline.smullen@thermofisher.com)
### Accessories

<table>
<thead>
<tr>
<th><strong>Cole Parmer 3P Microscope Arm Rests</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Soft padded surface to support forearms</td>
</tr>
<tr>
<td>- Usable with work desks from 5/8” to 1 ¾” thick</td>
</tr>
<tr>
<td>- Vinyl Cover for easy cleaning and disinfection</td>
</tr>
<tr>
<td>- Angle can adjust for comfort</td>
</tr>
<tr>
<td>- For precision liquid dispensing from 0.5 to 850 µL</td>
</tr>
<tr>
<td>- Replaceable 3 volt lithium battery with an expected life of 1 year or more of typical use</td>
</tr>
</tbody>
</table>

To order or request a demo, contact Michael Barbieri (michael.barbbieri@thermofisher.com) or Caroline Smullen (caroline.smullen@thermofisher.com)

<table>
<thead>
<tr>
<th><strong>Elbow Rests</strong></th>
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<tbody>
<tr>
<td>- Comfortable close-cell sponge padding to support forearms while avoiding obstruction of air flow</td>
</tr>
<tr>
<td>- East to clean</td>
</tr>
<tr>
<td>- Autoclavable</td>
</tr>
<tr>
<td>- Rubber feet caps included for use on flat surfaces</td>
</tr>
<tr>
<td>- 5” and 10” option available</td>
</tr>
<tr>
<td>- Fits all safety cabinets</td>
</tr>
</tbody>
</table>

To order or request a demo, contact Steve Wines at wines@discsci.com or (415) 999-3655

<table>
<thead>
<tr>
<th><strong>Stainless Steel Turntable</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Extends user reach up to 12” to allow more efficient use of the work surface</td>
</tr>
<tr>
<td>- 100% stainless steel, easy to clean and autoclavable</td>
</tr>
<tr>
<td>- 12” diameter</td>
</tr>
</tbody>
</table>

To order or request a demo, contact Steve Wines at wines@discsci.com or (415) 999-3655
<table>
<thead>
<tr>
<th><strong>Wedge-Ease Ergonomic Supports</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Support the wrists and forearms in a neutral position when working on microscope or hard lab desk</td>
</tr>
<tr>
<td>- Non-slip base</td>
</tr>
<tr>
<td>- Highly resilient soft foam core with 4 different sizes</td>
</tr>
<tr>
<td>- Static dissipative and certified safe to use with ESD sensitive components and assemblies</td>
</tr>
</tbody>
</table>

To order or request a demo, visit the [Alimed website](#).

<table>
<thead>
<tr>
<th><strong>Deluxe Edge Rest</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Provides protection against sharp edges. Careful when using in a Biosafety fume hood. Don’t cover the ventilation surfaces.</td>
</tr>
</tbody>
</table>

To order or request a demo, visit the [Alimed website](#).

<table>
<thead>
<tr>
<th><strong>SoftEdge Corners</strong></th>
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<tbody>
<tr>
<td>- Corner protector</td>
</tr>
</tbody>
</table>

To order or request a demo, visit the [Alimed website](#).
### Gel Edge Protector

- Provides protection against sharp edges. Due to size, might be easier to use in Biosafety hoods.

To order or request a demo, visit the [Alimed website](#).

### Ulnar Gel Pads

- Provides a cushioned surface for the elbows for high-precision tasks.

To order or request a demo, visit the [Alimed website](#).
Semiautomatic decapper / capper

- With the use of a foot pedal, the device can decap and cap bottles.

To order or request a demo, visit the Horizon-Specialty website.

MicroTube Tool

- Reduces stress for pinch gripping when opening microtubes.

To order or request a demo, visit the Daigger website.
Height Adjustable Microscope Stand

- Microscope stand adjusts in height and the base swivels.

Christopher Lowe, CAE
clowe@intellifactors.com
www.intellifactors.com
415-816-3962 cell
925-465-4116 alt

To order or request a demo, contact Christopher Lowe.

Stow and Go Hand Truck

- Material: Aluminum
- Weight: 4.00 lbs.
- Retractable Wheel
- Maximum Load Capacity: 110.00 lbs
- Handle: Telescopic
- Casters: 2 x 5” Rubber
- Assembly Required
- Dimensions: 16.3”(D) x 15.8”(W) x 39.5”(H)

To order, go to Smart Mart “Punch-Out” supplier Office Max and enter the part number below.

<table>
<thead>
<tr>
<th>Item #</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>E94049</td>
<td>$78.00</td>
</tr>
</tbody>
</table>