BEST PRACTICES

- Ensure adequate leg clearance.
- Sit or stand so your elbow is slightly above hood height.
- Maintain an upright posture.
- Keep items within easy reach. (Remember to prevent air turbulence in fume hoods by keeping equipment and supplies at least 6” from the edge of the hood.)
- Float your elbows and forearms above the hood surface to reduce contact stress or use padding.
- Ensure you can see see through the sash without glare.
- Take frequent microbreaks (30 second break for every 20 minutes of continuous fume hood work).

Questions? Contact us:
ergonomics@lists.stanford.edu | ergonomics.stanford.edu