ERGO TIPS | Microscopy

BEST PRACTICES

• Adjust your chair to provide back support.
• Adjust the height of the chair so your shoulders are relaxed and your elbows are at your side.
• Ensure adequate leg clearance.
• Sit up close to the oculars and adjust the eyepieces accordingly.
• Adjust the microscope as needed for an upright head position.
• Work with your wrists in a straight, neutral position.
• Avoid resting your forearms/elbows on sharp edges by using pads or arm supports.
• Alternate microscope work with other tasks throughout the day.
• Take frequent microbreaks (30 second break for every 20 minutes of continuous microscope work).

Questions? Contact us:
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