

ERGO TIPS | PIPETTING

BEST PRACTICES

- Maintain an upright posture and neutral wrists.
- Keep elbows close to your body. Avoid resting forearms/elbows on hard surfaces.
- Keep waste bins, beakers, and other frequently used items within easy reach.
- Maintain a relaxed grip on the pipette. Use minimal force required.
- Use a cap opener to reduce forceful finger exertions when opening tubes.
- Alternate pipetting between the right and left hands.
- Alternate postures and job tasks as feasible.
- Take frequent microbreaks (30 second break every 20 minutes of repetitive tasks).

EQUIPMENT SELECTION

- Use electronic pipettes, multi-channel pipettes, or automated processes for highly repetitive protocols.
- Use shorter pipettes and pipette tips when possible.
- Choose pipettes that require minimal hand and finger effort.



Questions? Contact us:

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