Ergo Tips - Pipetting

Ergonomic Risks

- Contact stress on the forearms/elbows and wrists
- Repetitive bending of the thumb and sustained press force when dispensing
- Forward rounding of shoulders from reaching forward
- Sustained downward neck movement
- Sustained hand grip on pipette
- Awkward wrist postures: bending the wrist back and/or to the side

Recommendations for Pipetting

General Work Practices
1. Avoid resting forearms/elbows on hard surface
2. Alternate postures and job tasks as feasible
   - Alternate pipetting between hands
3. Maintain an upright posture and keep elbows close to body
4. Take frequent microbreaks (30 second break for every 20 minutes of continuous work)
5. Maintain a relaxed grip on the pipette.
6. Maintain a neutral wrist posture

Equipment Solutions
1. Use pads or arm supports for forearms/elbows
2. Use a cap opener when opening tubes
3. Use electronic or multi-channel pipettes
4. Use shorter pipettes and pipette tips when possible
5. Use pipettes that require minimal hand and finger effort