

# ERGONOMICS PROGRAM: THE LABORATORY

NATIONAL INSTITUTES OF HEALTH | OFFICE OF RESEARCH SERVICES | DIVISION OF OCCUPATIONAL HEALTH AND SAFETY



Are you experiencing numbness, tingling, stiffness, cramping or general discomfort in your ...

WRIST	HANDS	SHOULDERS
NECK	LEGS	LOWER BACK

If so, please contact Occupational Medical Service (OMS) located in Bldg 10 Room 6C3o6

**NO MATTER WHAT WORK YOU DO, ERGONOMICS PLAYS AN IMPORTANT ROLE IN PREVENTING OCCUPATIONAL INJURY AND ILLNESS**

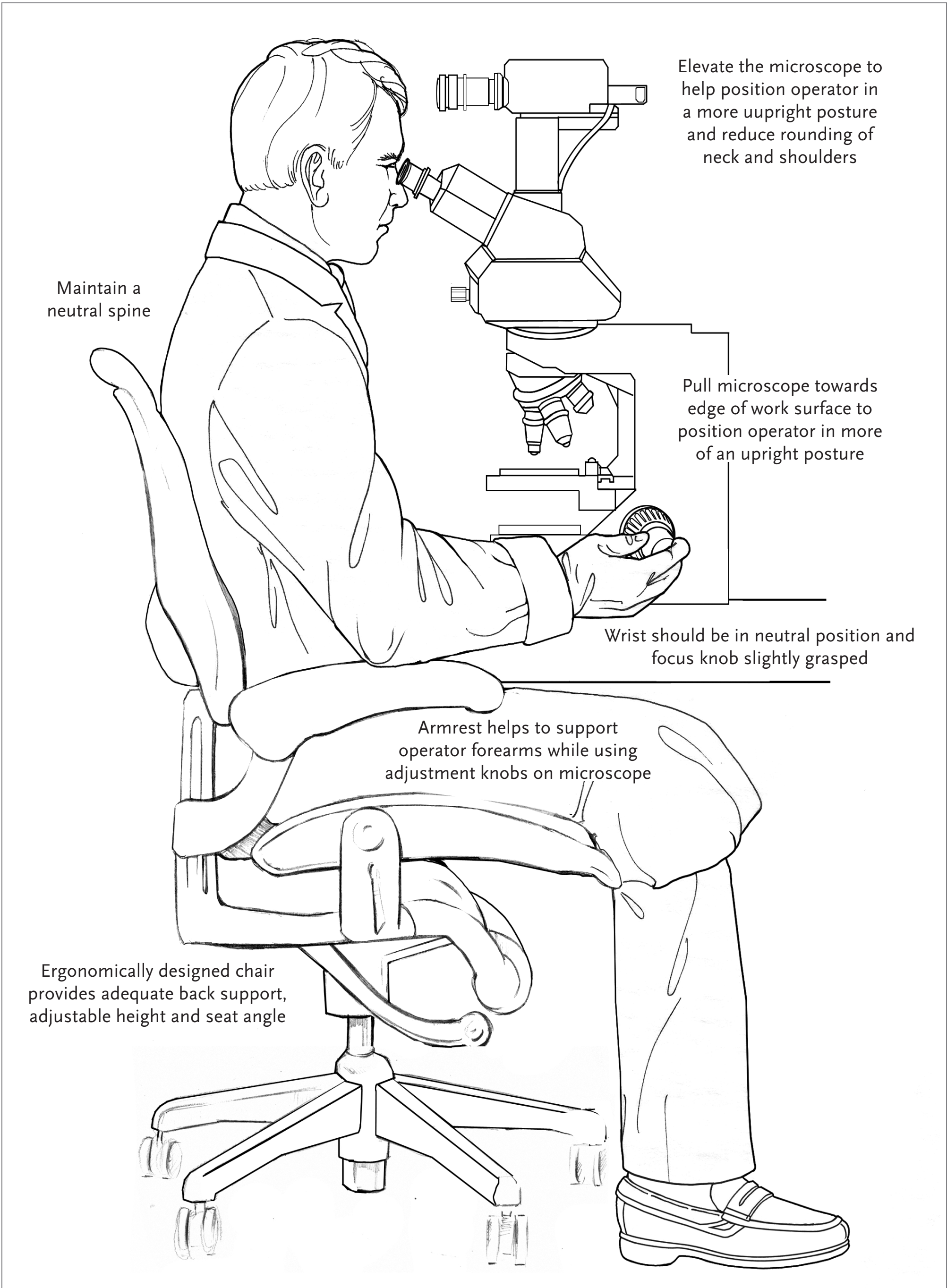


## Laboratory Ergonomics –“Fitting the job to the worker”

### INCLUDES TIPS FOR:

- Exercises and stretching
- Proper posture
- Laboratory benches
- Bench chairs
- Microscopes
- Pipetting
- Biological safety cabinets
- Cryotome
- Forcep manipulation

## Components of an Ergonomic Workstation



Visit the Division of Occupational Health and Safety’s (DOHS) ergonomics website:

[http://dohs.ors.od.nih.gov/ergonomics\\_home.htm](http://dohs.ors.od.nih.gov/ergonomics_home.htm)

- Learn how to set up your workstation ergonomically
- Learn how to properly adjust your chair
- Learn proper stretching and office exercises
- Information on ergonomic equipment manufacturers