## Liquid Handling Ergonomics in Every Step

## CORNING

Change your sitting position

Watch your elbow

Putting it on a hard lab bench

numbness and tingling in the

hand and aching pain on the

inside of your elbow

while pipetting may cause

Adjust the height of your chair

to the lab bench to sit properly

When it comes to selecting a liquid handling instrument, many factors should be taken into consideration.

Research has shown that working with a manual pipettor continuously for more than 1.5 hours can significantly increase the risk of hand and shoulder ailments known as RSI (repetitive strain injuries). Almost half of all life science lab technicians spend more than 2 hours continuously pipetting.

Therefore, the ergonomic features of the instrument, as well as the design of the workspace, are critical safety considerations for all labs.

## Remember also to:



**Switch** Between different types of work to give wrist a break



Try to hold your whole

Avoid equipment that requires

Keep everything at hand

Don't overload the tendons in your

elbow. Always have all necessary

items near you, no more than the

length of your forearm

unnecessary extending and

wrist in the most

neutral position

rotating movements

**Change your hand** To avoid unnecessary strain and reduce hand exhaustion

Work with your hands below shoulder height

applications, and be careful not

position (e.g., biosafety cabinets)

to work in an uncomfortable

Try to reduce the height of



Move and stretch Take care especially with your wrist and back. Try to get up every 30 minutes.

To ensure the best possible ergonomics, Corning pays close attention to product attributes that are important for comfortable and painless laboratory work:



Ergonomic liquid handling equipment and consumables available from Corning:

- Corning<sup>®</sup> Step-R<sup>™</sup> Repeating Pipettor and Syringe Tips
- ▶ Corning Lambda™ Plus Single- and Multi-channel Pipettors
- ▶ Corning Deckworks™ Pipet Tips
- ▶ Corning Stripettor™ Ultra Pipet Controller
- ▶ Stripette™ Serological Pipets
- Contact your local Corning Representative for a demonstration of products.

For additional product or technical information, visit **www.corning.com/lifesciences**.