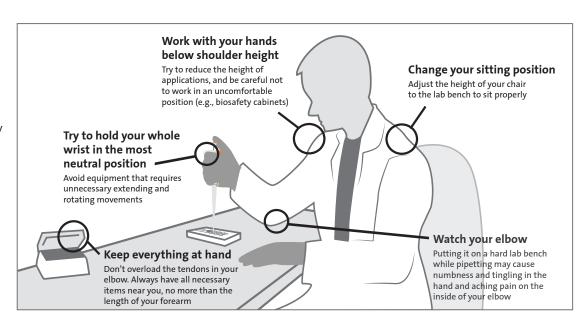
# Liquid Handling Ergonomics in Every Step



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



# Change your hand

To avoid unnecessary strain and reduce hand exhaustion



## 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® Step-R™ 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**.