Components of an Ergonomic Workstation

- Elevate the microscope to help position operator in a more upright posture and reduce rounding of neck and shoulders.
- Pull microscope towards edge of work surface to position operator in more of an upright posture.
- Wrist should be in neutral position and focus knob slightly grasped.
- Armrest helps to support operator forearms while using adjustment knobs on microscope.
- Maintain a neutral spine.
- Ergonomically designed chair provides adequate back support, adjustable height and seat angle.

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

Ergonomic services provided by DOHS:

TRAINING PROGRAMS:
- Office and laboratory ergonomics training
- Back safety training
- Specialized training for jobs involving tools and lifting

ERGONOMIC EVALUATIONS:
- Computer workstation evaluations for NIH personnel
- Worksite evaluations in laboratories, patient care, cafeterias, environmental services, etc.
- Post-injury worksite evaluation for injured or disabled employees

TO REQUEST AN ERGONOMIC EVALUATION

Contact the Ergonomics Program Manager at
301.496.3353

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
- Cryostome
- Forcep manipulation

If so, please contact Occupational Medical Service (OMS) located in Bldg 10 Room 6C306

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