Controlling Awkward Postures

- If seated, ensure that your lower back and thighs are supported by the chair
- If standing, ensure that work surface is at proper height to eliminate reaching upward or bending forward
- When standing, use a stepstool or footrest to get one foot up
- Use anti-fatigue matting when standing for long periods
- Arrange test tube racks to minimize reaching and twisting
- Work with your elbows close to your side
- Maintain your wrists in a straight or neutral posture
- When possible, use a clamp to hold test tubes

Controlling Repetition

- Automate processes whenever possible
- Share the workload between your right and left hands
- Take frequent breaks:
  - 1-2 minute micro-breaks every 20 minutes
  - Get up and stretch every hour
  - Rotate repetitive tasks among several different employees

Controlling Force and Pressure

- Automate test tube handling whenever possible
- Use pinch (thumb working with index finger) for precision activities that require minimal force
- Use full hand grip for activities that require greater force
- Using cap removers changes handling from pinch to full hand grip, using larger muscles
- To control vibration, use a vortex mixer rack instead of holding tubes by hand
- Avoid resting forearms on a hard edge. Pad the surface, edge or your forearms