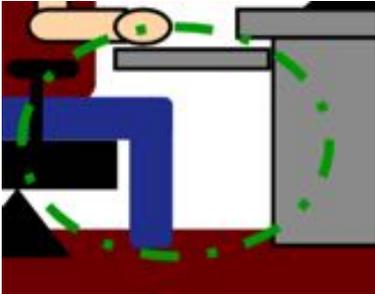
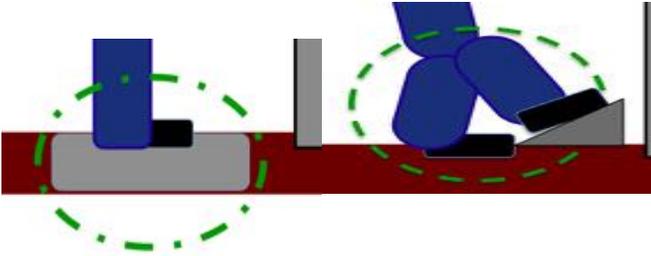
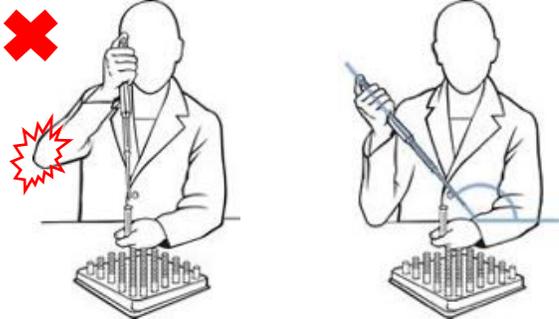


## Laboratory Ergonomic Self-Assessment

Go through this checklist while in your daily workstation and check “Yes” or “No” for applicable sections. Any items checked “No” may need to be addressed and corrected according to the information provided in the Ergonomics Toolkit.

**Please Note:** By no means does this self-assessment substitute a medical diagnosis.

BENCHWORK	YES	NO
Is the height of your bench about elbow height so that your shoulders are relaxed when working while sitting or standing?		
Are frequently used tools and supplies within arm’s reach?		
Do the bench cutouts allow for foot and knee clearance both when sitting and standing?		
Is your workstation free of sharp edges that may cause contact stress?		
		
SEATED/STANDING WORK	YES	NO
Does your lab chair have a 5-leg base?		
Do you use foot rails or foot props?		
Do you use floor mats for tasks that require prolonged standing?		
Are you able to adjust chairs to accommodate to the task? (height, backrest, armrests)		
When seated, are your elbows in line with the surface of the bench?		
		

PIPETTES	YES	NO
Have you been trained on proper use of pipettes?		
Are your arm and wrist in a neutral position while pipetting?		
Does your pipetting amount to 4 hours/day or less?		
Do you use multi-channel, electronic, or latch mode pipettes for prolonged work?		
Are pipettes, pipette racks, pipette tips, and other supplies placed within arm’s reach?		
		
MICROMANIPULATION	YES	NO
Do you use forceps with locking mechanisms or aides to reduce prolonged pinching?		
Are vials easy to cap and thread?		
Do you use cap openers when necessary?		
Do you use clamps and holders to support materials for prolonged periods?		
		

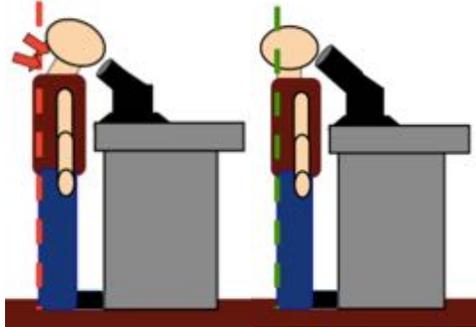
**Don’t work in a laboratory? A different self-assessment might be right for you:**

- Office Ergonomic Self-Assessment

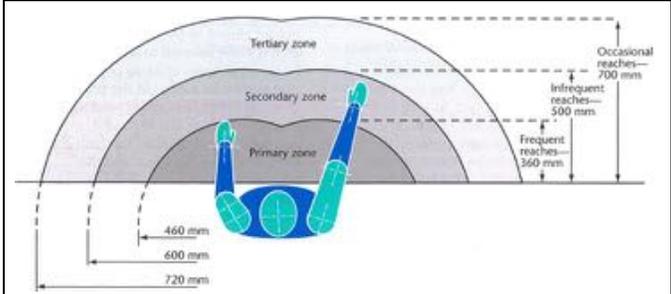
- Industrial/Operations Ergonomic Self-Assessment

**\*If you are still experiencing discomfort two weeks after adjusting your workstation, contact an ergonomics specialist at [ergonomics@tamu.edu](mailto:ergonomics@tamu.edu).**

MICROSCOPES	YES	NO
Can you view the eyepiece with relaxed shoulders and back?		
Can you view the eyepiece without excessively flexing your neck?		
Can you comfortably reach microscope controls?		



HOODS AND BIOSAFETY CABINETS	YES	NO
Are your shoulders relaxed and your elbows bent about 90° while working in the hood/cabinet?		
Does the hood/cabinet have a waterfall design along the edge to reduce contact stress/tissue compression?		
Do you place materials in hoods/cabinets within arm's reach?		



MISCELLANEOUS	YES	NO
Do you take frequent breaks to stretch or rest?		
Is your workstation properly lit and free of obstructions?		
Is your work environment well ventilated and not too hot or cold?		
Do you have access to bottle dispensers for easier liquid transfer?		
Do you keep bench cutouts clear and free of items that may impede foot/leg clearance?		
Do you store frequently used items in adequate bins or racks close to the area of use?		
Do you store heavy items on lowest shelves?		
Do you use temporary platforms for tasks that require elevating your arms above your chest for prolonged periods of time?		



**Don't work in a laboratory? A different self-assessment might be right for you:**  
**- Office Ergonomic Self-Assessment**  
**- Industrial/Operations Ergonomic Self-Assessment**

**\*If you are still experiencing discomfort two weeks after adjusting your workstation, contact an ergonomics specialist at [ergonomics@tamu.edu](mailto:ergonomics@tamu.edu).**

**Resources:**  
*Laboratory Ergonomics Checklist* [PDF]. (n.d.). Mettler Toledo.  
*Laboratory Ergonomics Checklist* [PDF]. (2008, September). University of California Riverside.  
*Health and Safety Guide to Laboratory Ergonomics* [PDF]. (n.d.). National Institute of Environmental Health Sciences.