

# Lab Environments

## Risks and Advice

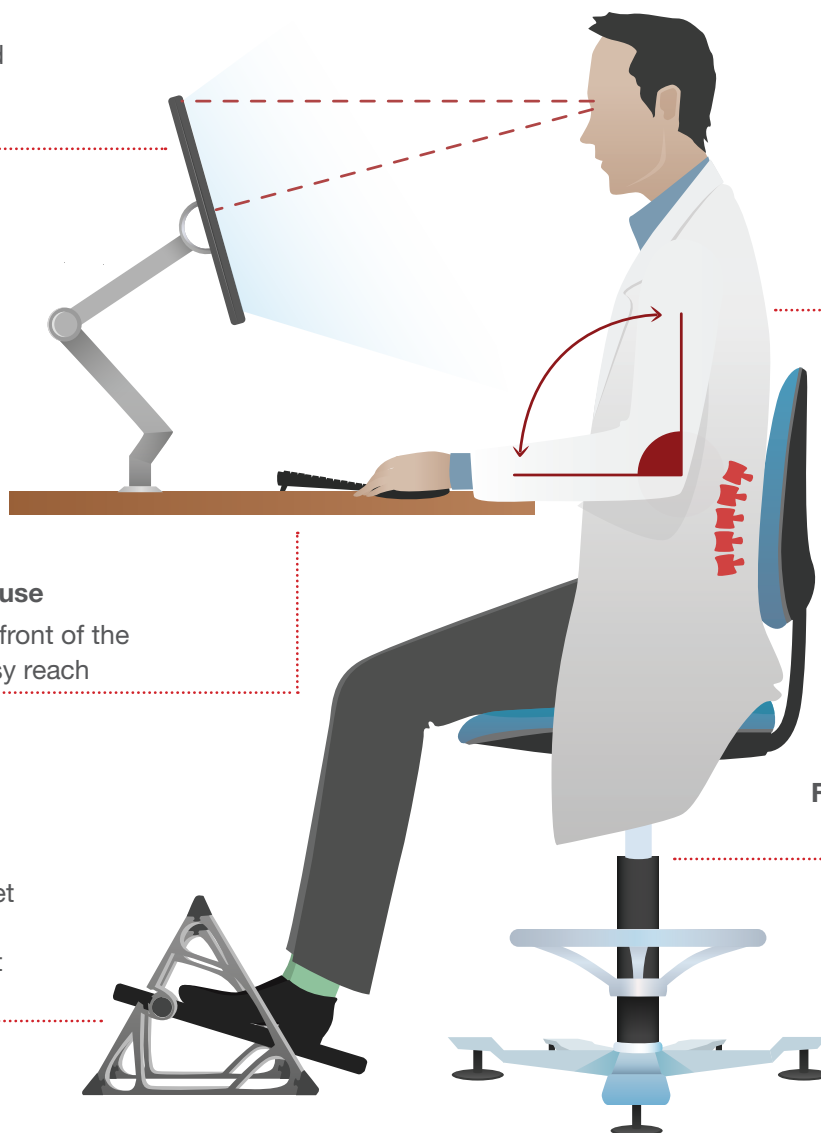
### The Risks

In addition to the risk of working daily with hazardous materials and substances, laboratory personnel are also exposed to many ergonomic risks due to the nature of their work and research they conduct. These risk factors include awkward or sustained postures, highly repetitive movements, excessive force or strain, contact stresses, and vibration.

To reduce the likelihood of physical problems whilst working at a lab workstation the following set up is advised. Active movement and regular changes of posture are also important and should be included throughout the day.

#### Monitor

At arm's length and slightly lower than the eye line



#### Arms

Elbows at right angles

#### Keyboard and Mouse

Position directly in front of the seat and within easy reach

#### Fully Adjustable Chair

Fitted to proportions

#### Footrest

Close under the feet to provide a solid platform of support without stretching

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