

# Prevent Laboratory RSI with Good Technique

## Seated Posture

### POOR



- Shoulders elevated
- Upper arm elevated
- Elbow extended
- Wrist in deviation

### GOOD



- Lower back supported by chair
- Upper back and neck upright
- Upper arm vertical
- Wrist in the same plane as the forearm

## Standing Posture



- Upper back and neck stooped
- Lower back and trunk stooped
- Elbow flexed



- Lower back and trunk upright
- Upper back and neck upright
- Upper arm vertical
- Elbow bent at 90°
- Forearm parallel to the floor
- Wrist in the same plane as the forearm

## Wrist Posture



- Upper arm flexed
- Elbow extended
- Wrist deviated downward



- Forearm parallel to the floor
- Wrist and forearm in the same plane



- Wrist extended backwards
- Forearm contact stress on the edge of the bench

### Don't Forget these important points when pipetting:-

- Do not over reach
- Work at a comfortable height
- Prevent twisting motions
- Vary pipetting activities
- Alternate with other tasks
- Try using both hands
- Stretch frequently
- Grip the pipette lightly
- Take regular short breaks