

Laboratory Self-Assessment Checklist

Computer Workstations

1. Is seat provided?
2. Is the seat height adjustable within the recommendations?
3. Is lumbar back support provided?
4. Is a footrest provided?
5. Is there ample leg room?
6. Are all adjustability features easy to use?
7. Is there ample room to accommodate a keyboard and a computer mouse so the employee can rest their arms at their side and forearms parallel to the floor?
8. Is there ample room to place the monitor at arm length's distance?
9. Is the monitor at the recommended height?
10. If the documents are frequently used, is there a document holder?

Laboratory Benches

1. If the worker stands, is an anti-fatigue mat supplied?
2. Is the height of the bench appropriate for the work that is performed?
3. Is there adequate leg room?
4. Do contact stressors exist such as bench tops with sharp edges?

Laboratory Chairs

1. Can all laboratory chairs be adjusted to accommodate all of the employees who need to use the chairs?

Microscopes

1. Do the shoulders appear rounded and/or is the worker hunched over?
2. Is there excessive neck flexion (>25 degrees)?
3. Are there contact stresses between sharp edges and the forearms?
4. Is the microscope pulled out to the edge of the workbench?
5. Are armrests or padding provided?
6. Is there sufficient leg room?
7. Does the worker rest their feet on the lab stool?
8. Is there a foot rest provided?
9. Has the individual been trained how to properly sit at a microscope workstation?
10. Are microscope work breaks provided?

Pipetting

1. Are manual PIPETTERS used?
2. Are electronic pipettors provided?
3. Are latch-mode pIPETTERS provided?
4. Is the pipettor designed to reduce contact with sharp edges?
5. Has the individual been trained how to properly operate the pipettor (e.g., pickup tips, eject tips, program electronic pipettor, etc.)?
6. Does the worker pipette more than 2 hours per day?
7. Are frequent breaks provided?
8. Is the pipettor computer-controlled to allow for computer-activated multiple dispensing instead of finger-activated dispensing?

Fine Motor Skills

1. Are vials with the fewest amount of threads allowable used?
2. Does the worker perform dissection or micro-manipulation with forceps more than 5 hours per week?
3. Are frequent micro breaks provided?
4. Do contact stresses exist between the forearm and workbench?

Microtome and Cryostat

1. Does the worker use excessive wrist flexion and extension when operating the microtome or cryostat?
2. Is the workstation at a height that reduces arm abduction as much as possible?
3. Does the worker have access to an automatic microtome/cryostat?
4. Are frequent breaks provided?
5. Is a fully adjustable chair provided?