

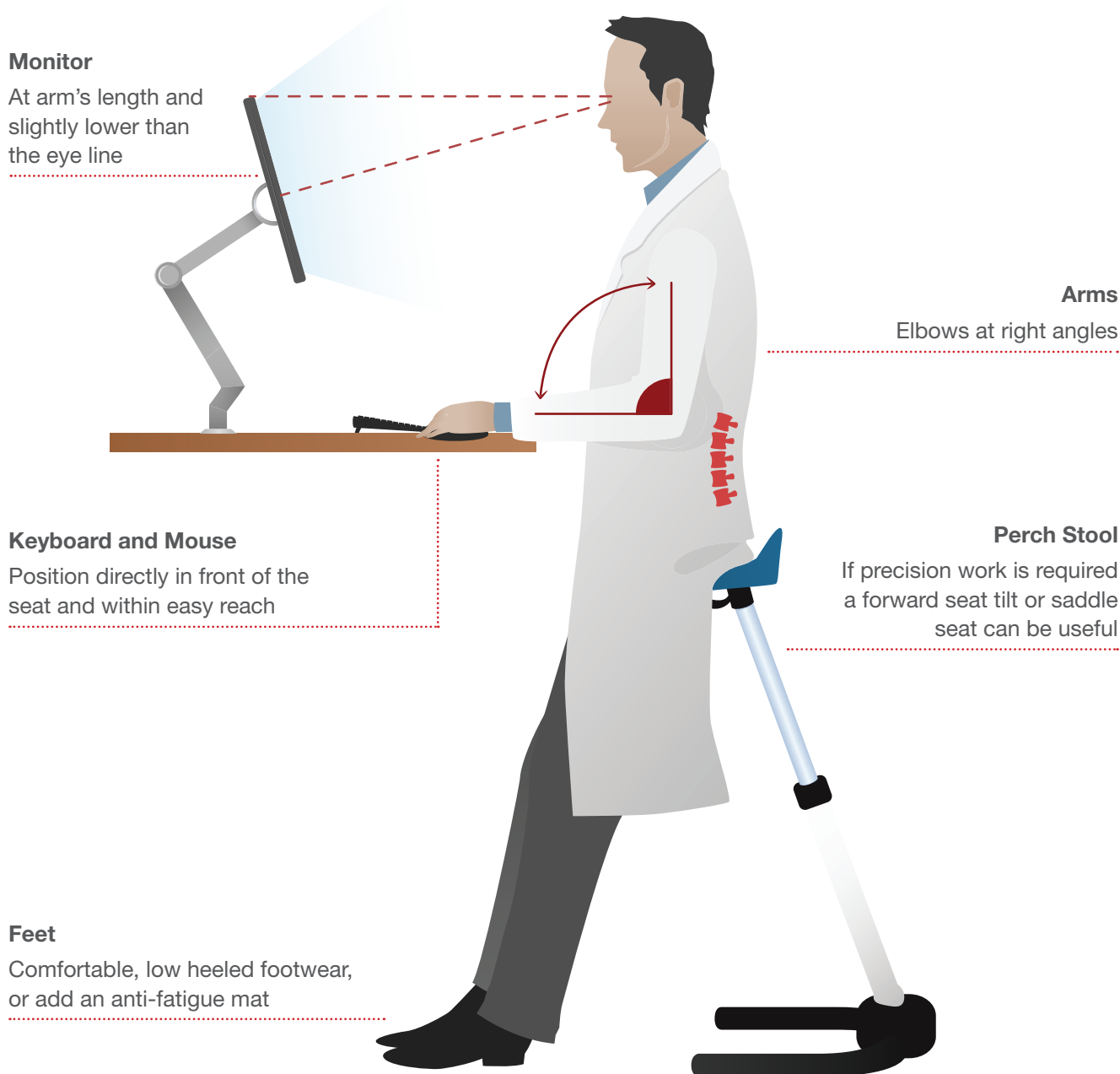
Lab Environments

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.



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