Ergonomics

General recommendations to improve your pipetting comfort

1. Individual Factors
   - Age
   - Sex
   - Physiological state
   - Psychological state
   - Use of tobacco, alcohols, drugs
   - Training
   - Personal history

2. Psychosocial Factors
   - Human relations
   - Time pressure
   - Lack of autonomy

3. Biomechanical Factors
   - Position
   - Materials
   - Work organization
   - Posture

RSI RISK FACTORS

The appearance of Repetitive Strain Injuries has multiple origins. RSIs depend on three main groups of factors acting simultaneously.