

Pipetting—Make Your Lab a Better Place



It's in your hands

The Eppendorf PhysioCare Concept® is based on 3 spheres, developed as a holistic solution to harmonize the workflow in your laboratory with your health and well-being.

■ Sphere 1—The User

Ergonomic design and product alignment optimized to the needs of the individual

■ Sphere 2—The Lab

Uncomplicated integration of instruments in your lab and its specific requirements

■ Sphere 3—The Laboratory Workflow

General support to enhance processes around the lab and the whole company

This paper offers useful information and tricks around the spheres of your personal bench area.



Sphere 1—The User

Check if your pipetting equipment is ergonomic

- Your pipette should have an ergonomic hand grip as well as a light weight—as you use that device up to several hours per day.
- Volume setting function of pipette: The volume setting ring should be large, offer high friction with fingers and require low torsion force and a low number of rotations to enable easy and fast resetting.
- Is the volume display easy to read? The display should not be covered by your hand; it should be intuitive and readable also when the pipette is held in the left hand.
- Electronic pipettes: Is your pipette balanced? The center of gravity should be in the middle. The pipette should not be top-heavy, and only exert slight pressure on the 4th and 5th finger to reduce user effort.
- Electronic pipettes: The handling and programming should be user-friendly—intuitive without having to read a manual.
- Use pipettes with spring-loaded tip cones for lower tip attachment forces. Avoid “rocking” during tip fitting for lower strain on wrists.
- Use color-coding for fitting pipette tip boxes to reduce your search for the correct tip size.
- Position your pipette carousel within direct reach on your bench for easy access.
- Keep the small bench-top wastebin in arm-reach.
- Use multi-channel pipettes or Multipettes / Repeaters when microplates must be filled to save time and effort
- Use microplates with high-contrast labeling of wells for better orientation.



Sphere 2—The Lab

Check if your pipetting is ergonomic

- Avoid placing your arms and elbows on hard surfaces or the edge of the bench to reduce the strain on these areas.
- Locate bigger instruments at some central location in the lab so that everyone has easy access.
- Your lab chair should be adjustable in height and angle for ergonomic sitting position.
- If you work in a sitting position, keep the leg-room free of boxes to have a comfortable sitting area.
- Take care about how you sit at the bench.

Sphere 3—The Laboratory Workflow

Check if your personal lab is ergonomic

- Store small equipment which is not constantly in use in drawers.
- Keep your personal bench space clean and tidied up—limit yourself to the equipment which is mandatory.
- Train all users in proper working conditions.
- Use your own personal set of pipettes.

> Learn more about the Eppendorf PhysioCare Concept and its 3 spheres at www.eppendorf.com/physiocare