

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 pipetting 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 and 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 of your body.
- 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.
- Remember to maintain proper posture 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 tidy: 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 at www.eppendorf.com/physiocare

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