

Cell Culture – 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 cell culture lab.

□ Sphere 1 – The User

Check if your cell culture equipment is ergonomic

- Your pipette controller should have an ergonomic hand grip as well as a light weight – as you use that device up to several hours per day.
- Use serological pipettes with color coded volumes to focus your mind on the cells instead of fitting pipettes.
- Fix pipette holders at inner side wall of the biological safety cabinet (BSC) instead of at the back wall to reduce reaching distance.
- Use pipettes with spring-loaded tip cones for lower tip attachment forces.
- Use smart color-coding for fitting pipette tip boxes to reduce your search for the correct tip size.
- Your BSC should be equipped with strong and glare-free light to enable good working conditions without shadows.
- Position a small trolley below BSC for stuff you constantly need, e.g. isopropanol, additional pipettes, glove box,...
- Use small work trays within BSC for backbone saving cleaning process below the work tray.
- Use cell culture dishes with rim for safe grip.
- Aspiration system for cell culture waste: sensor-controlled, no bending below BSC to check status anymore.
- Position CO₂ incubator with door opening towards BSC to enable easy and fast access.



Sphere 2 – The Lab

Check if your cell culture lab is ergonomic

- Choose a BSC with low noise level for stress free working conditions.
- Set up the BSC in a quiet corner to allow for concentrated work. Additional benefit: Less risk of contamination.
- Lab chairs should be adjustable in height, should be rotatable and should have casters for a better sitting position and easy access to other work positions.
- The distance between incubator and BSC should be no more than 1-2 m at maximum to have fast and easy access.
- The water bath for medium warm-up should be near the BSC to shorten distances.
- The cell counter should be located near the BSC or at opposite bench for easy access.

Sphere 3 – The Laboratory Workflow

Check if your cell culture workflow is ergonomic

- Keep clear separation in BSC: one side clean, one side dirty for a better workflow.
- Training of all users in proper working conditions.
- Define one person to be responsible for filling up consumable supply in the lab.
- Limit the consumable supply in the lab instead of storing a year-supply near the BSC.

> Learn more about the Eppendorf PhysioCare Concept at www.eppendorf.com/physiocare

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