

PCR – 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 PCR workspace.

□ Sphere 1 – The User

Check if your PCR equipment is ergonomic

- When handling more than 6 samples consider using strips or even PCR plates instead of single tubes for a better handling.
- Use PCR plates with high-contrast labeling of wells for user-friendly orientation.
- Use pipettes with spring-loaded tip cones for lower tip attachment forces.
- Use color-coding for fitting pipette tip boxes to reduce your search for the correct tip size.
- Use PCR plate cooler with smart temperature-dependent coloring for safe sample handling.
- Use ice buckets with low rim for your enzymes and samples for a more comfortable access to the tubes instead of big styrofoam boxes.
- Use PCR cyclers with low noise levels for better working conditions.
- Use PCR cyclers where the air ventilation does not blow at your personal work bench for a safe working environment.
- Use PCR cyclers where the lid handle has an ergonomic shape.
- Use PCR cyclers where closing the lid requires low forces for easy handling.
- Use PCR cyclers where the heating lid is secured against touching with your fingers by mistake.



Sphere 2 – The Lab

Check if your PCR working area is ergonomic

- When setting up the PCR cycler make sure there is enough free space around it. This reduces ventilation power (energy-saving) and reduces the noise level.
- Equip the PCR work bench with its own set of pipettes and tip boxes to limit the transfers in the lab to your sample tubes (plus reduced risk of contamination).
- Keep the small bench-top wastebin in arm-reach for 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 floor units or boxes.
- Choose an ergonomic sitting position.
- When using a PCR hood use strong lights for a comfortable working process

Sphere 3 – The Laboratory Workflow

Check if your PCR workflow is ergonomic

- Keep your personal bench space clean and tidy: limit yourself to the equipment which is mandatory.
- Train all users in proper working conditions.
- Offer quick guide for PCR cycler for colleagues who rarely use a cycler.
- Put a note at the cycler where the operating manual is located.
- Use a booking schedule for cycler usage time slots for efficient usage of device.

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

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