

Data Analysis—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 equipment is ergonomic

- Bench should be a »sitting« bench with a height of between 68 and 76 cm.
- Turn the analysis device slightly towards the user to support good access.
- Access areas of analysis devices should be within arm reach when sitting.
- Use chair which can be adjusted for height for ergonomic sitting.
- Try to sit in an upright position for optimal back support.
- Use a hand rest for your keyboard.
- Use a hand rest for your mouse.
- The distance between screen and your head should be at least 50 cm.
- The view on the screen should be at an angle of 5 to 35° towards the screen center.
- Angle between upper and lower arm should be ca. 90°.
- Where possible choose software with intuitive, wizard-like workflow.



Sphere 2—The Lab

Check if your working area is ergonomic

- There should be a separation between classical pipetting work benches («wet lab») and data analysis working places.
- Separate the benches for analysis devices and robotic systems to reduce vibrations.
- Do the analytical analysis in a quiet corner of the lab for better concentration on data work.

Sphere 3—The Laboratory Workflow

Check if your workflow is ergonomic

- Take regular breaks instead of working hours focused on data analysis.
- Where possible transfer data analysis work from a lab to an office computer.

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