

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 personal bench area.



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.
- Use PCR cyclers where the air ventilation does not blow at your personal work bench for a comfortable working environment.
- Use PCR cyclers where the lid handle has an ergonomic shape.
- Use PCR cyclers where closing the lid requires low force for easy handling.
- Use PCR cycler 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 reduce 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 tidied up— 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 and its 3 spheres at www.eppendorf.com/physiocare