

Personal Bench—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 personal bench equipment is ergonomic

- Position your pipette carousel within reach.
- 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.
- Position your personal thermomixer within a maximum distance of 50 cm to reach it easily without having to stand up.
- Use thermomixers with user-friendly insulated thermoblocks for heat-safe operation when changing the block.
- Use different microtube colors for specific sample types, e.g. buffers, enzymes, samples, for a simple differentiation.
- Label microtubes with printed stickers for easier reading (e.g. content, concentration, date, owner).
- Use light-weight rotors for easier handling when centrifugation is necessary.
- In case of using centrifuge aerosol-tight caps, make sure they are easy to use (e.g. avoid pressure clips or multi-turn screw caps).
- Choose fixed-angle rotors with ergonomic lid locking. Eppendorf QuickLock lids, for example, close with only 1/4 turn. This saves you time during every day use and takes repetitive stress off your wrist.
- Make sure that you can
 - a) easily reach the centrifuge lid without having to stand on your toes
 - b) close the centrifuge lid easily without having to use excessive force



Sphere 2—The Lab

Check if your personal bench is ergonomic

- Set up larger instruments used by many people at a central position in the lab.
- Equip central devices like photometer with local pipette, tip box, cuvettes, dustbin—no need to move equipment when you have to measure samples.
- 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.
- Choose an ergonomic sitting position.
- Avoid mix-ups by using different freezer storage box colors for different type of samples.
- Make sure that you lab space is well-lit to avoid mistakes during your daily work.
- Keep the small bench-top wastebin in arm-reach.

Sphere 3—The Laboratory Workflow

Check if the processes around your personal lab are ergonomic

- Store small equipment which is not constantly in use in drawers.
- Keep your personal bench space clean and tidied up.
- Train all users in proper working conditions.
- Offer quick-starts at centrifuges or PCR thermocyclers to avoid mistakes in handling.
- Define one person per device to be advizer for (new) colleagues.

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