



LABORATORY ERGONOMICS PROGRAM

A significant number of repetitive strain injuries occur in the laboratory setting. Various resources are available to you to prevent these injuries.

TRAINING

Laboratory Ergonomics Training is available in [Research Online](#). This training provides laboratory workers with information on ergonomic risk factors inherent to the laboratory setting. Common laboratory tasks are presented with ergonomic recommendations to reduce risk of injuries, improve comfort and productivity. This training must be completed by all laboratory workers to comply with Cal-OSHA [California Code of Regulations, Title 8, Section 5110 Repetitive Motion Injuries](#).

If you are using a computer in the lab, you should also complete the "Office Ergonomics Training and Self Evaluation", also available in [Research Online](#).

Back Safety Training should be completed by all UCSF employees. This is also available also available in [Research Online](#).

ERGONOMIC EVALUATIONS

The **Laboratory Ergonomic Self-Evaluation** is accessible from the Laboratory Ergonomics Training and can also be found in the OEH&S [website](#). The self-evaluation will assist laboratory workers in assessing their work environment, posture and tools.

Individual or group evaluations are also available upon request after completion of online training and self evaluation. Email ergonomics@ucsf.edu.

LABORATORY ERGONOMIC EQUIPMENT

A [Laboratory Ergonomic Preferred Product List](#) was developed to assist laboratory workers in choosing products to improve their work environment. All products have been evaluated and approved by the Campus Ergonomist. Also, an Ergonomics Lab will be available at the Mission Bay Campus by late summer for product demonstrations.

ERGONOMIC FUND REIMBURSEMENT PROGRAMS

[Ergonomic Equipment Fund Reimbursement Programs](#) are also available to financially assist laboratories in providing a safer work environment for faculty and staff.

Pipette Fund Reimbursement Program:

- 1) Pipette Purchase with Trade-In:
 - 100% reimbursement
 - Up to \$300 per eligible employee for the axial pipettes (traditional design)
 - Up to \$500 per eligible employee for the non-axial pipettes (Ovation by Vista Lab)

2) Pipette Purchase without Trade-In:

- 50% reimbursement
- Up to \$300 per eligible employee for the axial pipettes (traditional design)
- Up to \$500 per eligible employee for the non-axial pipettes (Ovation by VistaLab)

Laboratory Equipment Fund Reimbursement Program:

50% reimbursement up to \$500 per eligible employee is available for reimbursement of laboratory ergonomic equipment such as seating options, anti-fatigue mats, forearm supports, etc.

WEBSITE

Our goal is to provide employees with the tools, resources, and services required to create a safe and ergonomically appropriate work environment. Please visit our [website](#) for details. If you have any questions about the UCSF ergonomics program or concerns specific to your laboratory, do not hesitate to contact the [Campus Ergonomist](#).