

# Pipetting Comfort

To optimize your results, the pipette is important but don't forget to use it properly.

- 1 • First organize your work station for maximum efficiency and minimum fatigue.
- 2 • Make sure the tip is properly mounted and fits well before you set the volume.
- 3 • Adjust the volume.
- 4 • Choose the mode of pipetting (reverse or forward mode) adapted to your sample.
- 5 • Eject the used tip and store the pipette in an upright position to avoid damage and cross-contamination.

## Organize your work station

Take a few minutes to get organized

- Adjust your chair or stool so that the work surface is at the right height when you are sitting straight
- If possible, always try to work with your hands below shoulder height
- Try to evaluate if you can reduce the height of applications such as gel loading
- Adjustable tables/workbenches are a good solution

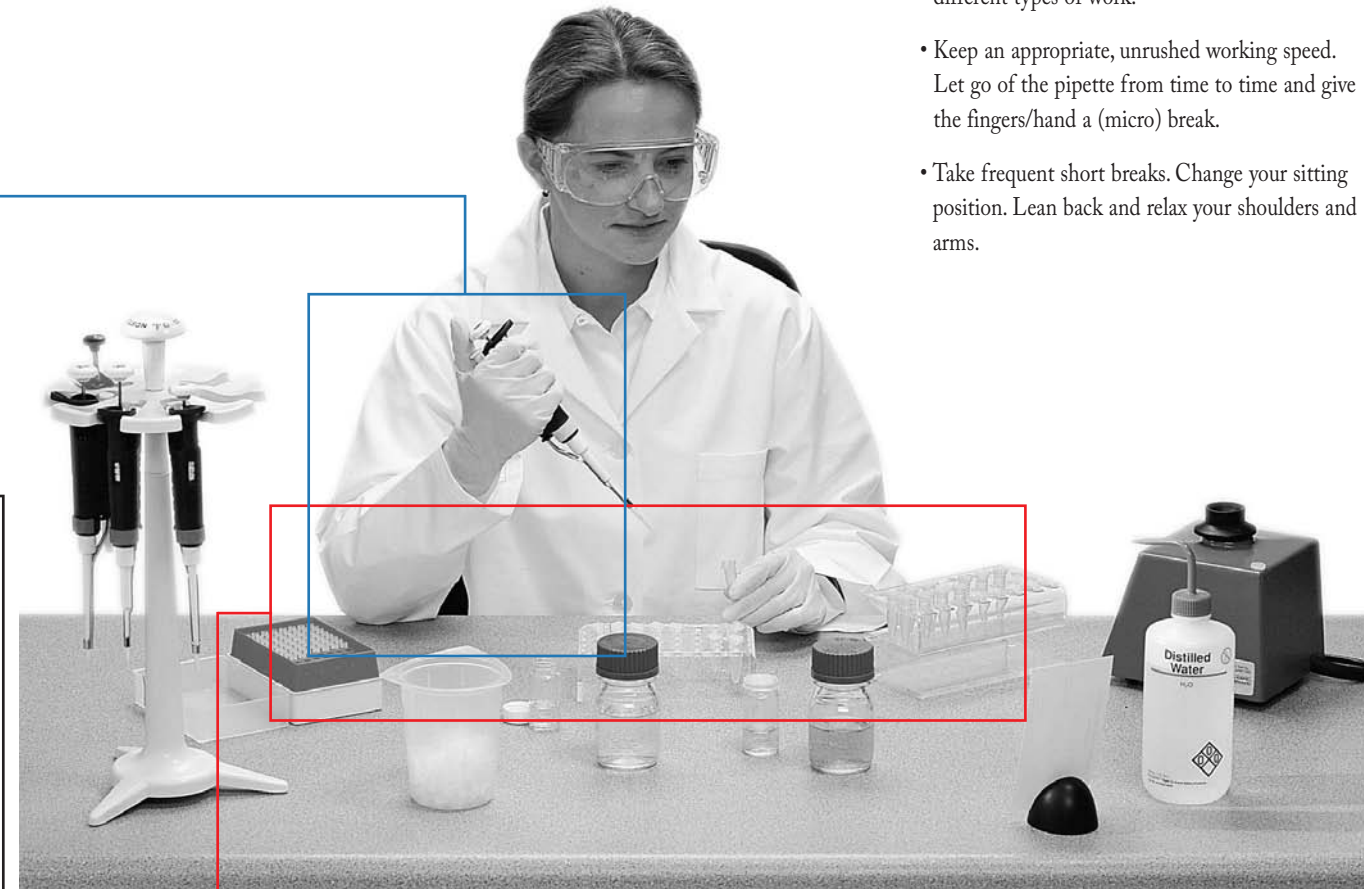
**important**

A good test is to see if you can rest your elbow comfortably on the work surface

Recipient at right height

Recipient too high

Recipient too low



Take time to relax

- If possible, try to switch periodically between different types of work.
- Keep an appropriate, unrushed working speed. Let go of the pipette from time to time and give the fingers/hand a (micro) break.
- Take frequent short breaks. Change your sitting position. Lean back and relax your shoulders and arms.

Special attention should be paid to smooth pipetting

- To favor uniform timing and motion, have all necessary objects within easy arm's reach
- Place the most frequently used objects in front of you. The more rarely used items can be placed a little further away from you
- The opening of the recipient for used tips should be at the same height as the end of your pipette