
Tube - torial

A guide to safe tubing

Using our pneumatic tube system should not be hazardous to your health. By following a few simple guidelines, you can enjoy an injury-free tube-handling experience. What follows are graphic, potentially disturbing photos of lab assistants engaging in unsafe tubing. Learn from their mistakes and follow our recommendations. Your fingers, hands, wrists, arms, back and toes will thank you for it.

Note: no lab assistants were harmed in the making of this publication.



I think I
can, I think I
can...



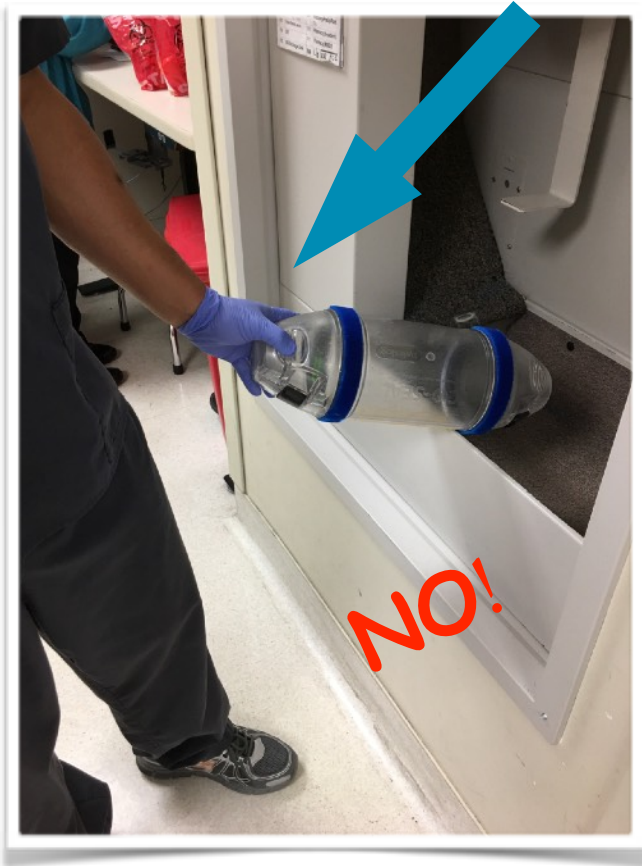
THE LAZY LEAN

Yes, you may think you can reach that tube by dangling precariously off the edge of your chair. This has the makings of a face plant. Take the opportunity to THRIVE and get up out of your chair!

PROPER TUBE EXTRACTION

See how much easier it is to get the tube when you actually stand in front of it. Here, the lab assistant has grasped the tube with both hands while taking it out of the tube station. This is the safest, most ergonomic way to perform tube extraction.





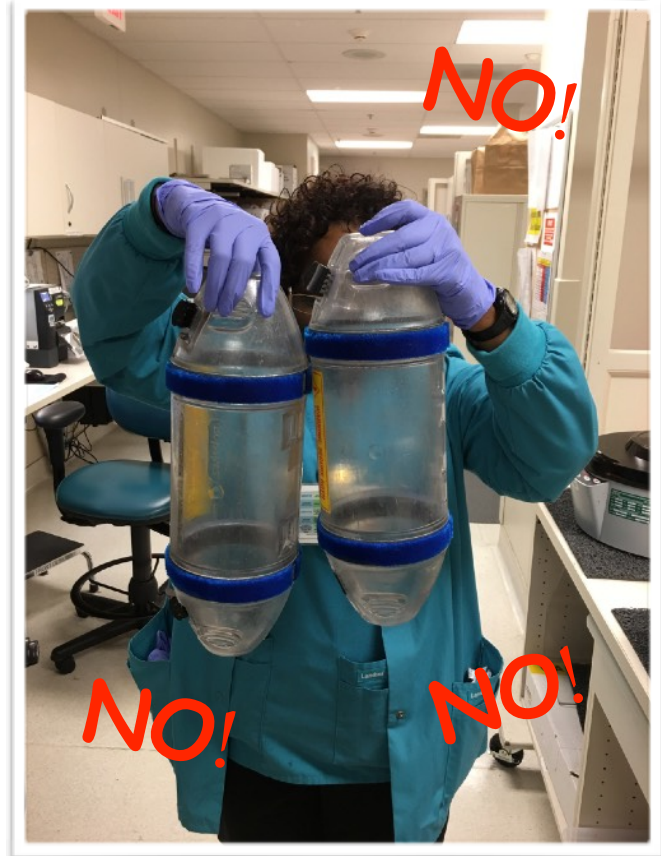
THE GRIPPING CLAW

This lab assistant is about to take a one-way trip through the famous Carpal Tunnel. Handling a tube in this way can lead to finger, wrist and forearm strains. USE TWO HANDS!



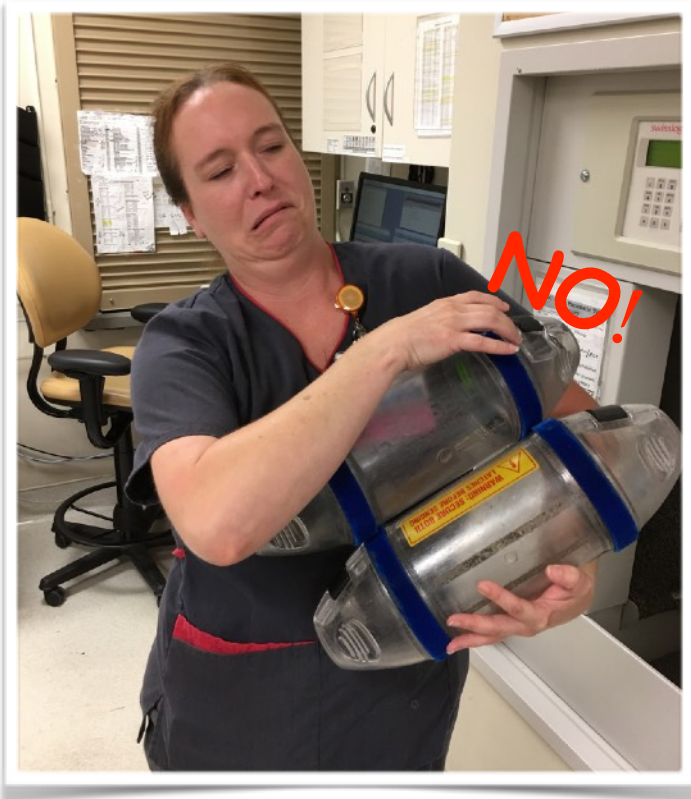
THE DOUBLE GRIPPING CLAW

Two times worse than the "gripping claw" is the "double gripping claw." Besides possibly incurring all the injuries described above, the next likely stop for at least one of these tubes is on a toe. The formula is 2 hands on 1 tube.



THE MULTITASKER

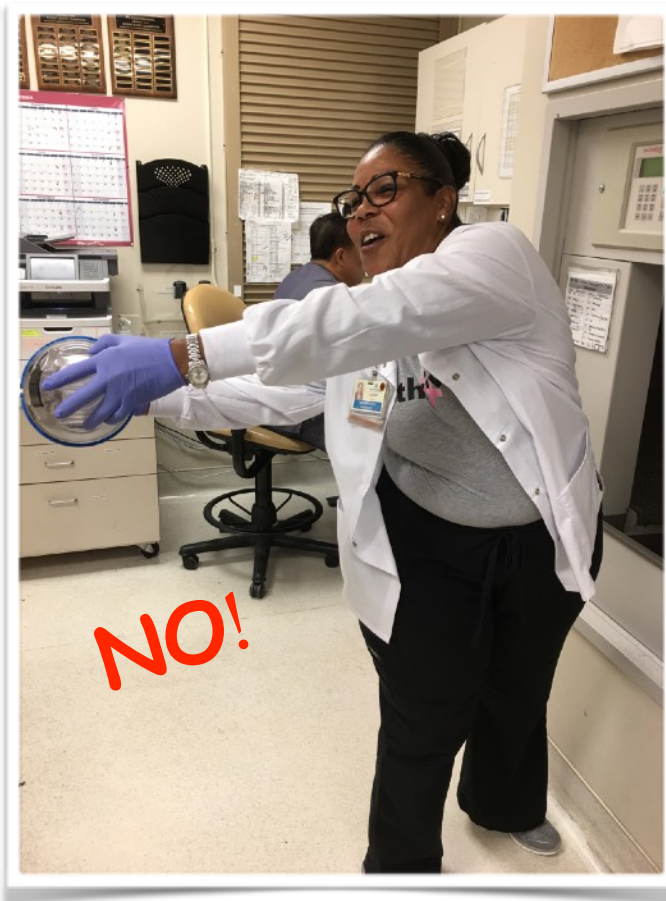
Similar to the "double gripping claw" the "multi-tasker" attempts to maximize efficiency by minimizing good judgement. Juggling multiple tubes or trying to open one while holding it in the air can lead to injury or worse yet, an unpleasant facial expression.



LAY TUBE ON TABLE BEFORE OPENING

Remember to always bring the tube to the work table, lay it down, and open it carefully.

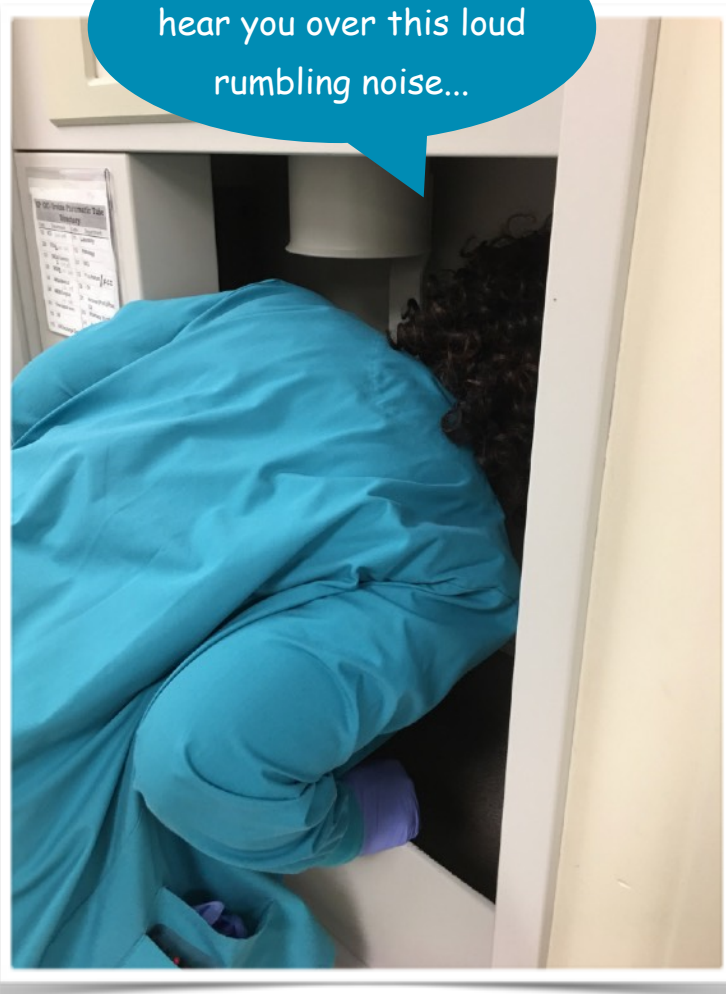




**STRIKE THREE, YOU'RE OUT -
YOUR BACK, THAT IS**

Although it looks like this lab assistant just knocked it out of the park, she probably put her back out instead. Don't twist away from the tube station, turn your whole body at the same time to avoid unnecessary strain on your back.

What? I can't hear you over this loud rumbling noise...



IF YOU HEAR IT, IT WILL COME

Stay out of the tube station. 'Nuff said.

TEXTING, TWEETING AND TUBING
DON'T MIX!

Unbelievably, injuries have occurred when a lab assistant has been hit on the hand by a tube-pedo rocketing into the station.

Stay in the moment. Don't let distractions (instagram, twitter, pokemon) cause you to forget where you left your hand.

#getbacktowork

Let me just check my
Twitter feed...

