

## **ERGONOMIC ANALYSIS For CHOSA LABORATORY**

An ergonomic assessment was conducted on August 21, 2020. The purpose of this analysis was to identify positive aspects of the Lab environment and potential risk factors for cumulative trauma injuries. Areas evaluated included the Blood bank/Hematology, Chemistry, Microbiology, Histology and Administrative areas. A summary of my findings and suggestions for improvement of the work area are listed below.

### Concerns

The associates in these departments are required to spend a large portion of the work day standing and walking. There is occasional heavy lifting of reagents and various supplies required. Repetitive fine motor tasks are performed on a daily basis. Some of the concerns for this work environment are the prevention of back and neck pain, carpal tunnel syndrome and lower extremity fatigue. The Lab has multiple adjustable height chairs and monitors to accommodate for the varying heights of individual associates. They also have some padded floor mats to prevent lower extremity fatigue at stations with prolonged standing. Some of these mats need to be secured to the floor to prevent slipping or tripping. The Administrative area has new lighting. This combined with the windows behind the work station are causing glare problems for an associate.

### Department Job Descriptions

The individuals in the Lab have multiple tasks that include collecting specimens and running tests, documentation, reaching, phone duties and working on computers. These activities involve long periods of standing and walking with some sitting. Most work shifts are 8-9 hours, but can be up to 12 hours long.

### Positive Aspects of the Lab Include:

1. Associates may get up and move around as needed.
2. Associates control the pace of work.
3. There are multiple adjustable chairs with arm supports.
4. Most monitors are positioned at a good height and distance at work stations and are height adjustable.
5. There are some padded mats to prevent leg fatigue.
6. Many of the microscopes are height adjustable.
7. Most work stations have adjustable trays for the keyboards.
8. All associates are wearing comfortable footwear and uniforms.
9. Some of the staff were educated on proper posture and body mechanics for performing their job duties.

Recommendations-I feel the following will reduce the worksite risks for cumulative trauma injuries for this job.

RISK FACTOR(S)	SOLUTION	PRODUCT RECOMMENDATIONS
1. Use adjustable trays for keyboard and mouse for associates who work long hours at their computers.	Prevent cumulative trauma injuries to back, neck or upper extremity.	Check with buyer.
2. Use wrist rests/protectors for associates who work long hours at their computers.	Protects wrists/carpal tunnel from sharp edges of counters.	Check with buyer.
3. New lighting is contributing to glare at one work station.	Check on possibility of soft lighting and sun screen for windows.	Check with buyer.

Please feel free to contact Gino Chincarini, 830-643-5242.

This Worksite Analysis Performed by:

  
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8/21/26  
 Date