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## Strawberry Clinic Lab Ergonomic Evaluations – 6/29/2023

Primary Concern: Raising computer mount in phlebotomy station > employee putting in ticket

No major changes or concerns since last evaluation of Strawberry Clinic Lab.

### Observations and Findings

**Chair:** Sit with your feet firmly on the floor and sit all the way back in the chair. Sit comfortably in neutral posture > ears, shoulders and elbows in a straight line.

**Input devices:** bring keyboard and mouse to the edge of the desk to avoid planting wrists.

**Monitor:** neutral viewing of monitor should be a few inches from the top of the screen and roughly arms-length away

**Storage area:** This storage area continues to be in good shape. Take care to place commonly used items on the middle shelves so they are in everyone's "power zone." Keep the area in front of the shelf clear of any obstructions.

**Phlebotomy Area:** Sit as close to patient as possible so spine can remain in a neutral position. Bending over towards the patient puts unnecessary stress on the low back. Fingers and hands can be overused here as well from pinching and gripping.

### Recommendations

Continue to be mindful of posture and body movements throughout the day. Take frequent breaks to stretch and walk around.

### [Posture Correction Exercises and Stretches](#)

### Equipment Recommendations:

None at this time

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