

**NDMRB-RA-076**

**Risk Assessment: RSI from prolonged periods of incorrect pipetting**

**Scope**

Within the TDI there are various types of pipettes and working in the laboratory pipettes are widely used for long periods of time. RSI is a common potential injury which can be caused through prolonged incorrect use of pipettes. A number of factors can contribute to this and this RA aims to give guidance on controls which can be employed to reduce the risk of RSI caused by long periods of incorrect pipetting.

<b>Name of assessor:</b>	Andrea Keepence-Keyte	<b>Date of Assessment:</b>	July 2013	<b>Review Date:</b>	Every three years
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**Risk Matrix:**

Risk Matrix		Likelihood			
		High	Medium	Low	Negligible
Consequence	Severe	High	High	Medium	Effectively Zero
	Moderate	High	Medium	Medium/low	Effectively Zero
	Insignificant	Medium/Low	Low	Low	Effectively Zero
	Negligible	Effectively Zero	Effectively Zero	Effectively Zero	Effectively Zero

**Risk Assessment:**

Hazard (Cause and consequence)	Affected Groups	Existing controls	Risk	Further Action
RSI caused by poor pipetting technique and posture	All users of pipettes	<ul style="list-style-type: none"> <li>When sitting: Sit using a chair that has a proper back support, keep your upper back and neck upright. Keep your upper arm vertical and the wrist in the same plane as the forearm.</li> <li>When standing: Keep your upper back, lower back, trunk and neck upright with your upper arm vertical. Keep your elbow at 90° with the forearm parallel to the floor and your wrist in the same plane as the forearm.</li> <li>Wrist posture: Your forearm should be parallel to the floor with your wrist and forearm in the same plane.</li> <li>Always try to work with your hands below shoulder height</li> <li>Do not over reach and prevent twisting motions.</li> <li>Keep the most frequently used items in front of you and the items you use less further away</li> <li>Work at a comfortable height and vary your pipetting activities, try using both hands.</li> <li>Grip the pipette lightly and stretch frequently.</li> <li>Take regular short breaks and alternate your pipetting activities with other tasks.</li> </ul>	Medium/low	Ensure that all staff and students are properly trained in the use of pipettes. The advice with regards to posture, arm position and the location of items being used must be highlighted and good practice encouraged.

Signed By Author:

Approved by (sign and print):

Reviewed by:

Review date: