

Wedge-Ease Ergo Tips

Ergonomic Tips for Microscope Users

Here are some valuable ergonomic tips to keep you safe at work!

- Adjust the microscope so that when you look through the eye piece, your chin is level and your head is over your shoulders.
- Utilize an adjustable eye piece when possible.
- Adjust your chair height so that your feet are firmly supported, either on the floor or on a footrest.
- Avoid resting your forearms on the worksurface edge.
- Keep your wrists straight.
- Sit close to the microscope.

