

Factsheet Working With Microscopes

To avoid discomfort when using a microscope, the following measures can help:

- Use a height-adjustable laboratory chair with a backrest
- Support your lower back on the backrest
- Please ensure your feet are well supported, use a footrest if necessary
- Sit close to the work surface
- Do not lean or support yourself on edges
- Keep your shoulders relaxed, let your elbows hang loosely close to your body
- Neutral, relaxed posture of arms and wrists, position of hands as when shaking hands
- Adjust the work chair, workbench and microscope so that the head is upright, and the forearms can be supported horizontally on the table
- Place the microscope close to the edge of the table to prevent the head from being held forward
- Use adjustable eyepieces or mount the microscope on a 30° ramp to provide a comfortable viewing angle
- Please have microscopes cleaned and serviced regularly
- Spread work on the microscope throughout the day and, if possible, divide it between different people
- Take regular short breaks: close your eyes every 15 minutes or focus on something in the distance. Stand up, stretch and move every 30-60 minutes
- Avoid repetitive turning of adjusting screws.

Further information (german, french, italian only): Entspannt arbeiten am Mikroskop. Tipps für Ihre Gesundheit und Ihr Wohlbefinden. Suva Broschüre Bestellnummer 84024.d [download](#)



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