

Ergonomic Lab Standards

	Preferred	Required*
Adjustable-height furniture (per NIOSH) (see attached for specific heights)		X
If built-in (casework) Work stations - See attached for specific heights		X
Desktop work spaces should be at least 54" in length	X	
Work surfaces should have rounded edges, such as bullnose or radius		X
No under-desk (pencil) drawers at seated work stations, where the chair is positioned		X
Adjustable-height monitors and/or monitor arms		X
Flush or inset drawer/cabinet handles	X	
Consider a wrap-around work surface for Hematology and Microscopy areas	X	
Industrial footrests at work stations that use lab (intermediate height) stools, or consider a footrest bar across seated work space of taller (lab height) work stations		X
Consider sit/stand stool for appropriate work stations	X	
Task Chairs: See BJC standard for entity-specific (5 casters; back height; back angle, seat angle, seat height appropriate to work station height and seat pan depth - all adjustable; fabric specific to clinical/non-clinical setting)		X
Lab stools: See BJC ergonomic standards (5 lock-in casters; adjustable back height; back angle; seat height; seat pan depth; wipeable surface)	X	
Blood draw room needs a seated counter work space, with lower extremity room under the counter; 42" wide entry/doorway for bariatric accessibility; drop down arm rests on wall for wheelchair blood draws		X
Patient blood draw chairs need to be adjustable for both height and upper extremity support of the patient and easily reclined for emergency situations; consider reclining phlebotomy chair as an option		X
Flooring: Shock absorbing flooring to eliminate the need for anti-fatigue mats, but also allow for easy push force with carts	X	
Avoid placing monitors under fixed cabinetry; provide shelves to store heavy objects below shoulder height and above knee height	X	
File drawer pedestals should be freestanding and mobile	X	
Consider storage location, usage and movement of reagent fluids due to weight and mobility needs; possible pull-out shelving; reagent containers weighing over 40 lbs. to be stored on rolling cart for easy hook-up	X	
Provide height-adjustable storage bins that tilt toward the worker to reduce wrist flexion when reaching for supplies		X
Use low profile waste receptacles for pipette tips.	X	

All Design and Construction projects should comply with any applicable Federal and/or State code, ADA requirements or any other requirement in order to accommodate conditions unique to the project. BJC Ergonomic Standards reflect the 5th-95th percentile population.

*Requirement exceptions must be approved by BJC Ergonomics.

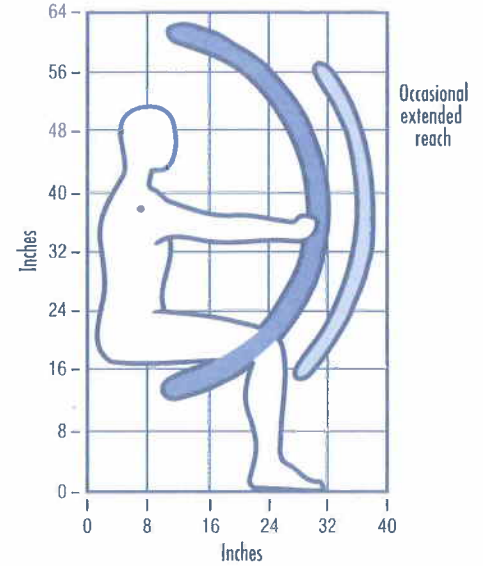
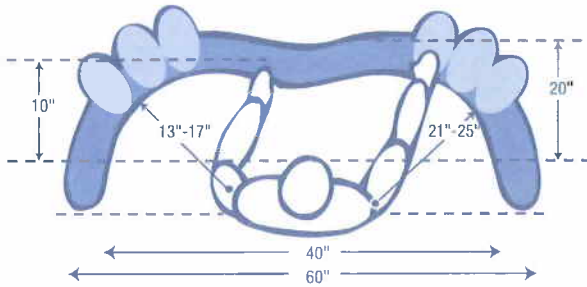
Ergonomics phone #: (314) 747-5851 Email: ergonomics@bjc.org

BJC HealthCare

NIOSH Recommended Workstation Measurements

Seated Work

- Primary areas for table top work
- Secondary areas for table top work

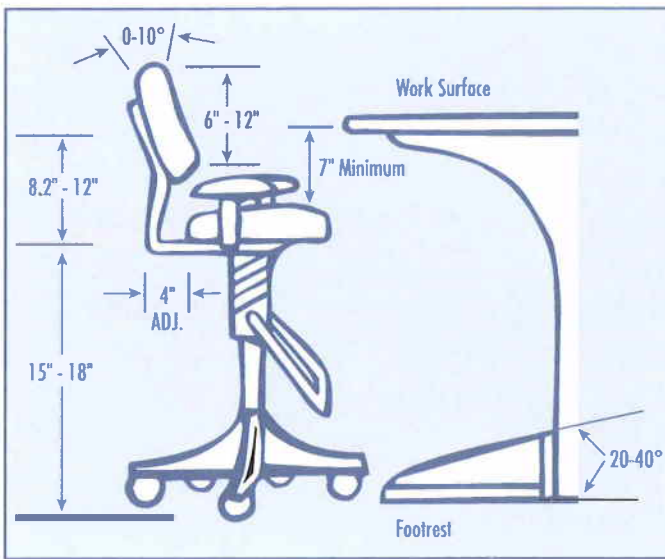


Optimal work surface height varies with the type of work performed.

Precision work = 31-37 inches

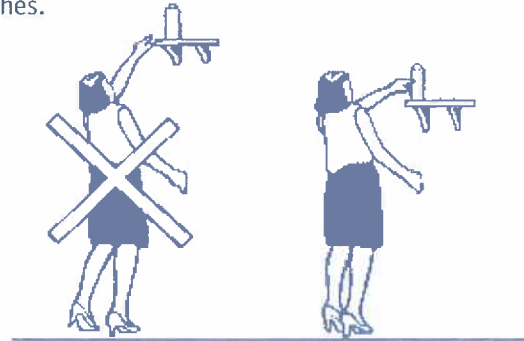
Reading/writing = 28-31 inches

Typing/light assembly = 21-28 inches



Standing Work

Shelf heights to which a freestanding person can reach and place a hand flat on a shelf should not exceed 60 inches.



Standing Work

Workbench Heights should be:

- above elbow height for precision work
- just below elbow height for light work
- 4-6 inches below elbow height for heavy work

