



Ergonomics Lab

Mechanical and Production Engineering Department

Ahsanullah University of Science & Technology (AUST)

General Lab Safety Rules

Wear PPE: Lab coat, safety goggles, gloves, and closed-toe shoes are mandatory.

No Unauthorized Entry: Only authorized students and staff are allowed in the lab.

Keep Workspace Clean: Ensure all equipment is stored properly and workspaces are clean after experiments.

No Eating or Drinking: Food and drinks are strictly prohibited to avoid contamination.

Safety Procedures for Specific Equipment

Workstation Setup: Adjust all workstations to minimize strain and ensure comfortable posture. Use ergonomic chairs, footrests, and adjustable tables.

Proper Posture: Train lab users on maintaining a neutral posture while conducting tasks to reduce strain on muscles and joints.

Tool Use: Only use hand tools that are ergonomically designed. Avoid using excessive force and ensure regular tool maintenance.

Lifting Techniques: Use proper lifting techniques for handling equipment or materials, keeping the back straight and lifting with the legs.

Accident and Health Hazard Provisions

First Aid Kit: Familiarize yourself with its location and basic first aid procedures.

Fire Safety: Know the emergency exits and fire alarm locations. Evacuate immediately if a fire cannot be controlled.

Incident Reporting: Report accidents immediately to the lab in-charge. Investigations will be conducted to prevent future incidents

Lab Contact Information

Lab In-Charge: Shah Murtoza Morshed

Emergency Contact: [LA: 01778773224, AAO: 01534100141]

REMEMBER: Safety First! Always adhere to lab safety protocols.