

## **TOP 10 LIST FOR SONOGRAPHER SAFETY**

- 1) **Move the patient closer** – position the patient close to you so as to avoid reaching and bending.
- 2) **Optimize the position of the keyboard** – you should position the ultrasound system’s keyboard so that the controls are accessible without excessive reach.
- 3) **Change the patient’s position** – when performing bilateral exams, such as bilateral lower extremity venous exams, have the patient reverse his or her position on the exam table. In this way, both sides of the patient can be closer to you during the entire exam.
- 4) **Raise the exam table** – an exam table that is electronically height adjustable makes it easy to raise the table to a height that is more comfortable for the sonographer. Having the exam table at the appropriate height reduces the need to bend over to reach the patient.
- 5) **Position the ultrasound monitor directly ahead** – Whether you are working at the computer or on the ultrasound system, the monitor should be directly ahead of you with the height adjusted so that your eyes are even with the top of the monitor. This eliminates neck twist and excessive flexion or extension.
- 6) **Wrist position** – Excessive flexion and extension of the wrist increases your risk for carpal tunnel injury. It is important that you maintain a neutral hand and wrist position while scanning and while working on the computer. In addition, you should also avoid sideways deviation of your hands.
- 7) **Reduce arm abduction** – sonographers are encouraged to work the majority of the day with your arms close to their body. Arm abduction greater than 30 degrees for extended periods of time can reduce blood flow to the shoulder muscles and tendons, which increases the your risk for injury.
- 8) **Choose a comfortable chair** – proper seating with good foot support is important for good lumbar spine support and provides a solid base for your trunk and shoulder girdle.
- 9) **Self care** – Musculoskeletal health can be maintained through a regular program of stretching and strengthening exercises, proper nutrition, weight control, smoking cessation, and the proper amount of sleep.
- 10) **Keep moving!** - Dynamic work postures allow muscles to alternately contract and relax, thus pumping in oxygenated blood and allowing waste-laden blood to flow out. Static postures prevent this natural muscle function from occurring and can lead to muscle fatigue and injury.

***Be aware of your work postures and implement these suggestions for a healthy workday!***