

# PREVENT INJURY

## POSTURE IS IMPORTANT FOR SONOGRAPHERS

TAKE THE TIME TO GET IT RIGHT

### Standing

Weight evenly distributed on both feet

Abduction of the arms less than 30 degrees

Forward reach less than 25 degrees

Backward reach should be minimal

Forearms almost parallel to the floor

Flexion of the neck less than 30 degrees and ideally less than 20 degrees

Rotation on the head less than 45 degrees and ideally less than 15 degrees

Wrists and elbows in a neutral position

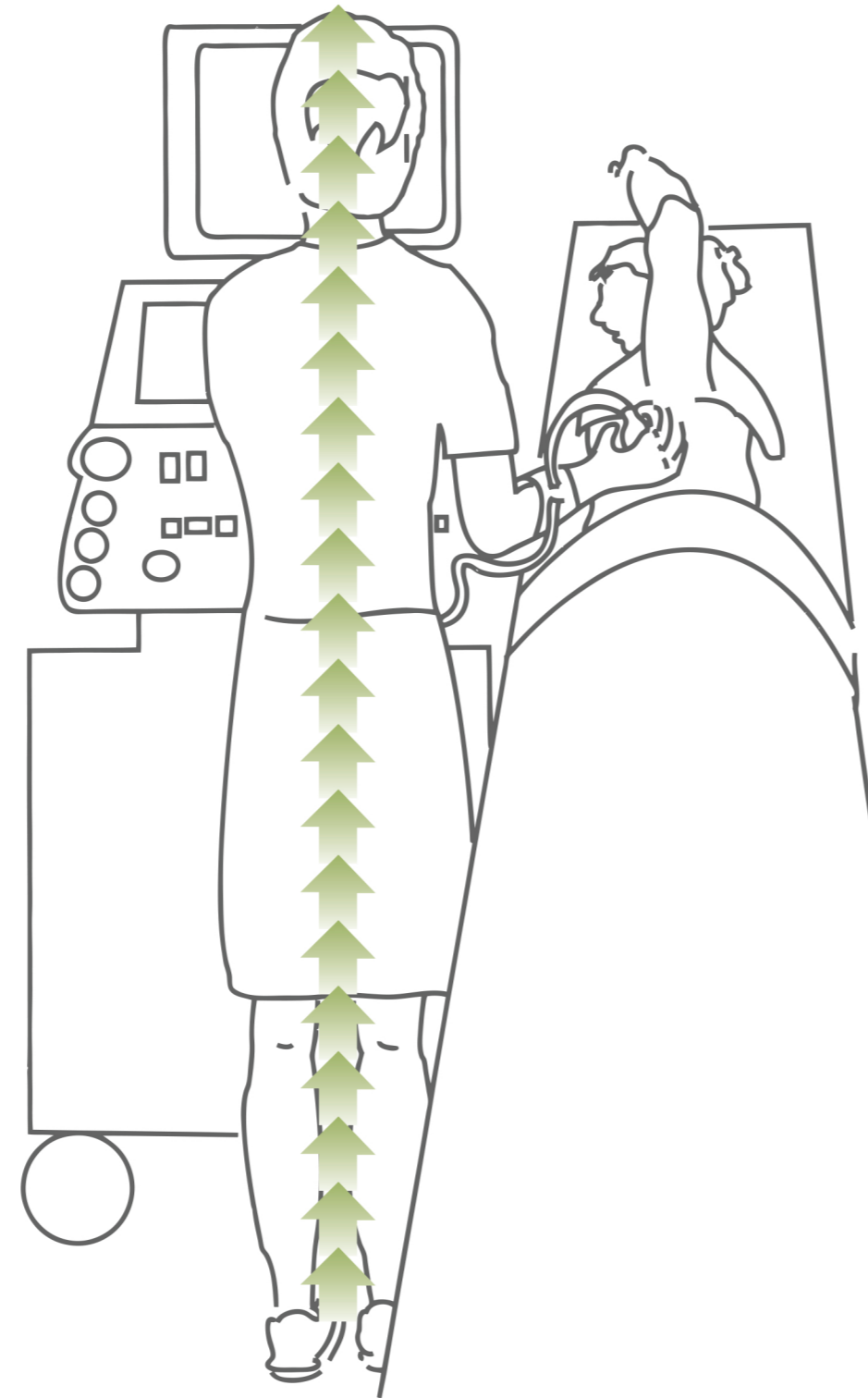
**Ears above**

**Shoulders above**

**Hips above**

**Knees above**

**Ankles**



### Sitting

Feet supported on chair or ultrasound unit footrest

Thighs slightly lower than hips

Abduction of the arms less than 30 degrees

Forward reach less than 25 degrees

Backward reach should be minimal

Forearms almost parallel to the floor

Flexion of the neck less than 30 degrees and ideally less than 20 degrees

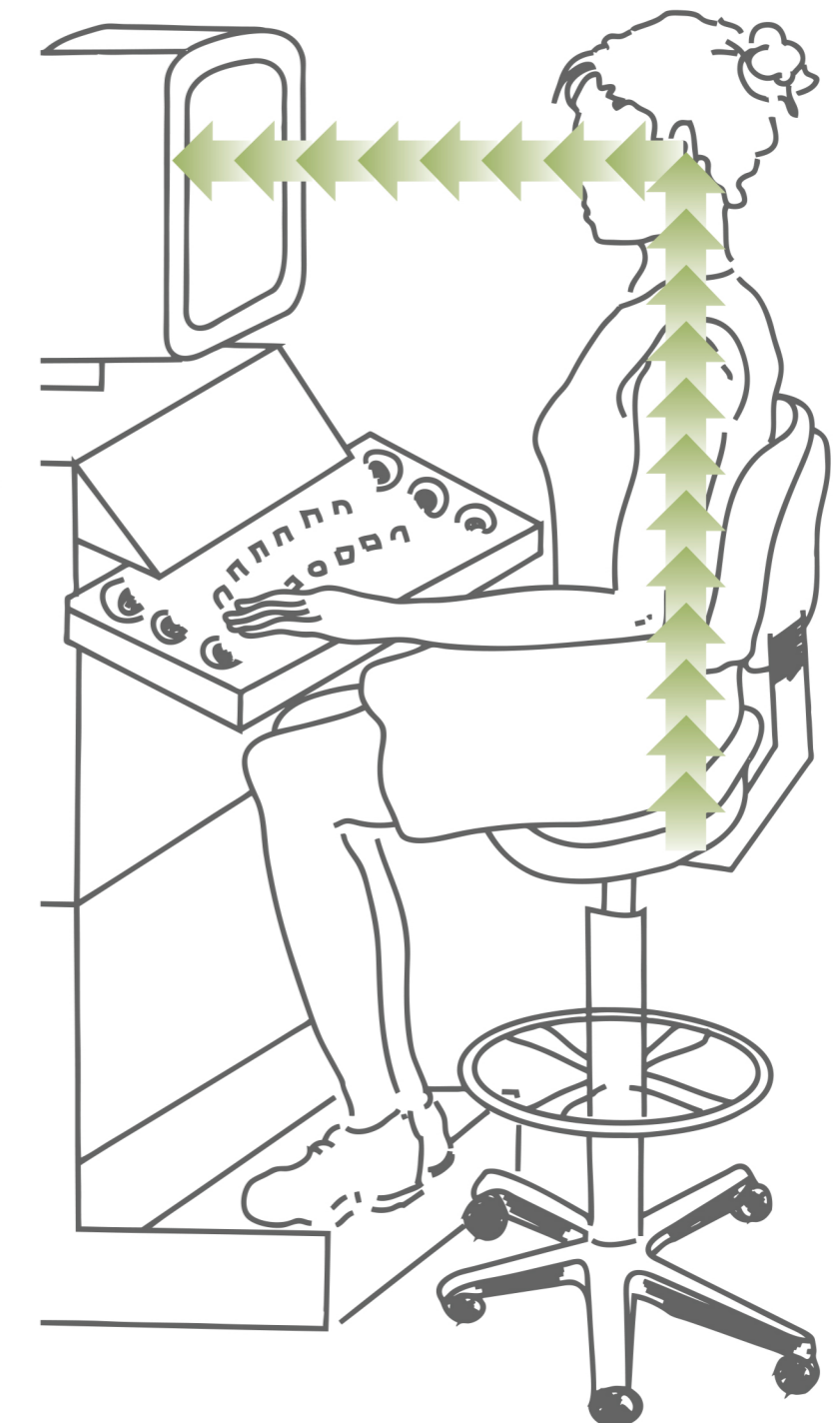
Rotation on the head less than 45 degrees and ideally less than 15 degrees

Wrists and elbows in a neutral position

**Ears above**

**Shoulders above**

**Hips**



### Tips for Safe Scanning

- All equipment should be fully adjustable
- Adjust all equipment to achieve an acceptable posture before starting to scan
- Adjust the monitor so your eyes are level with the top third of the monitor
- Position all equipment and the patient as close as possible to you
- Minimise twisting, bending, reaching, lifting, using excessive force and awkward postures
- Vary posture by alternating sitting and standing; varying scanning techniques; changing transducer grip; repositioning equipment and alternating scanning arm

- Avoid sharing the monitor with the patient
- Support arms, trunk and back as much as possible
- Use cable supports to minimise 'cable drag'
- Have 'mini breaks' during examinations
- Stretch and relax muscles often
- Refocus your eyes every few minutes
- Change posture at least every 8 – 10 minutes
- Schedule patients to vary examination types

- Take regular frequent breaks from scanning – at least 10 minutes every hour is recommended
- Always take tea and meal breaks to give your body time to completely relax
- Regular physiotherapy and optical health checks are recommended

REMEMBER:  
FATIGUED MUSCLES MUST BE GIVEN TIME TO RECOVER