

# PREVENT WRMSDs

## ERGONOMICS FOR SONOGRAPHERS

Work Related Musculoskeletal Disorders (WRMSDs) are painful injuries affecting the muscles, nerves, ligaments, and tendons.

Sonographer should take the time to ergonomically optimize all equipment to suit individual postural requirements and have accessories on hand before beginning to scan.

Sonographer should utilize measures to reduce risk factors for WRMSDs such as instructing the patient to move closer, adjusting the ultrasound system, exam table, and chair, avoiding shifts greater than eight hours, and using other ancillary devices.

Sonographer should employ muscle recovery time throughout the day.

- Relax the muscles of the hands, wrists, shoulders, and neck
- Take frequent mini breaks throughout the workday, including microbreaks throughout the exam
- Take meal breaks separate from work-related tasks or similar motions
- Re-focus eyes occasionally onto distant objects
- Vary procedures, tasks, and activities as much as reasonably possible



Sonographers should minimize risk by avoiding non-neutral and static postures, such as:

- Sustained reach
- Bending and twisting of the trunk
- Excess neck flexion, extension, and/or rotation
- Excess reach and abduction of the scanning and non-scanning arm
- Working with the arm behind midline
- Excess grip force and transducer pressure
- Prolonged awkward or static posture
- Uneven seated or standing weight distribution

For more information, see the *Industry Standards for the Prevention of Work Related Musculoskeletal Disorders in Sonography* and the *Work Related Musculoskeletal Disorders in Sonography* white paper.

[sdms.org](http://sdms.org)

