

2025 SDMS Annual Conference



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AGENDA

- Review best ergonomic practices
- Present engaging ergonomic activities
- Demonstrate and Provide a variety of exercises that can be shared with students

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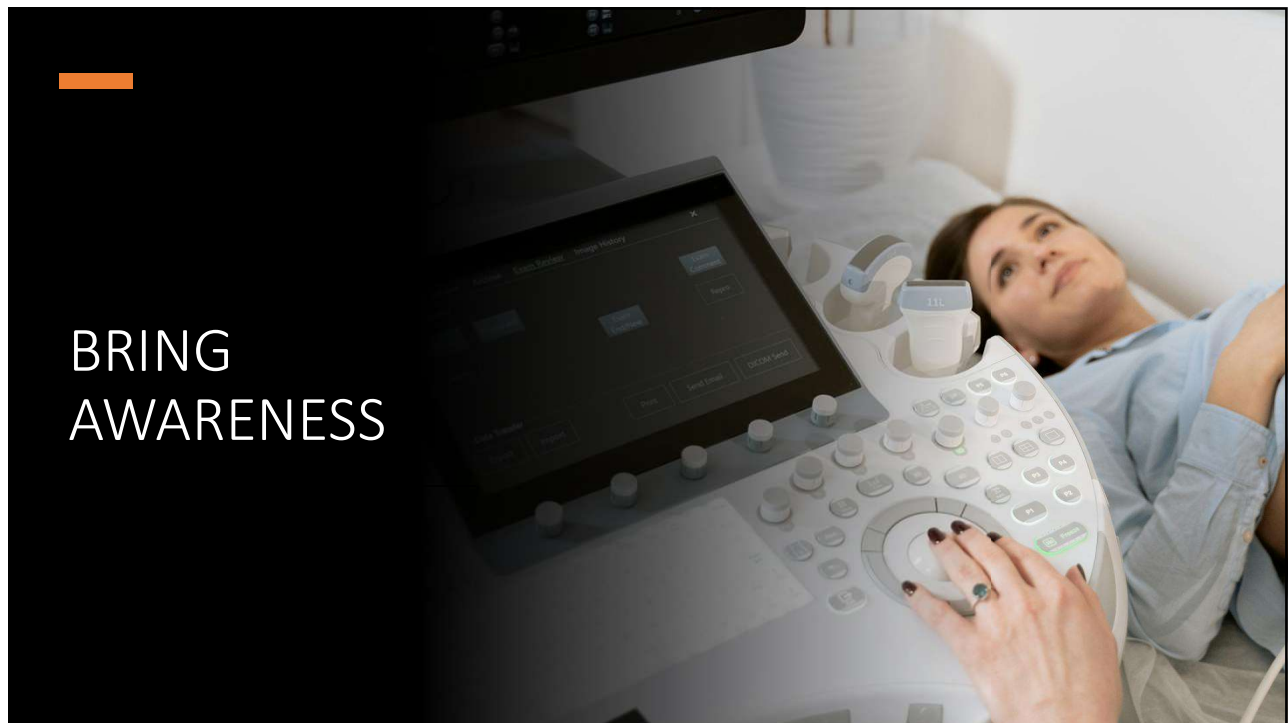
STRENGTH IN KNOWLEDGE

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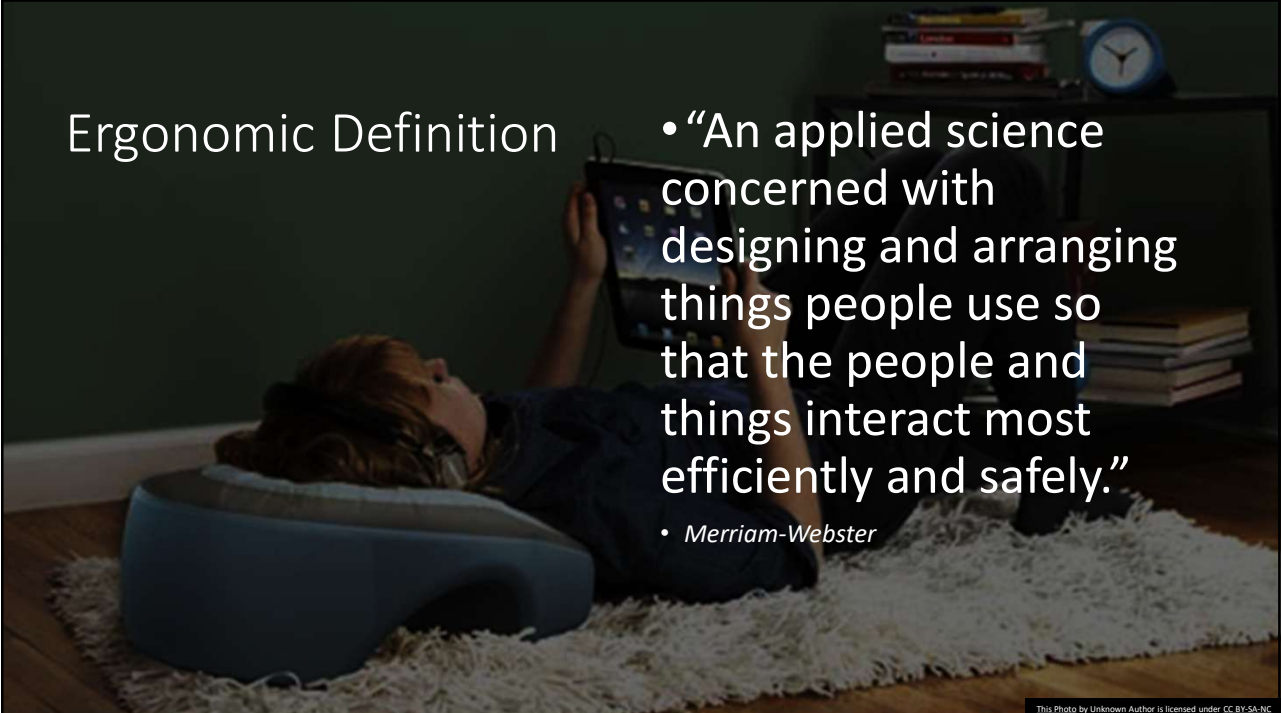
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In the Business
of EDUCATION

- Start from the beginning- share the reality
 - Physical profession
 - Open house events
 - Info session days
 - Introductory courses

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Ergonomic Definition

- “An applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely.”
 - *Merriam-Webster*

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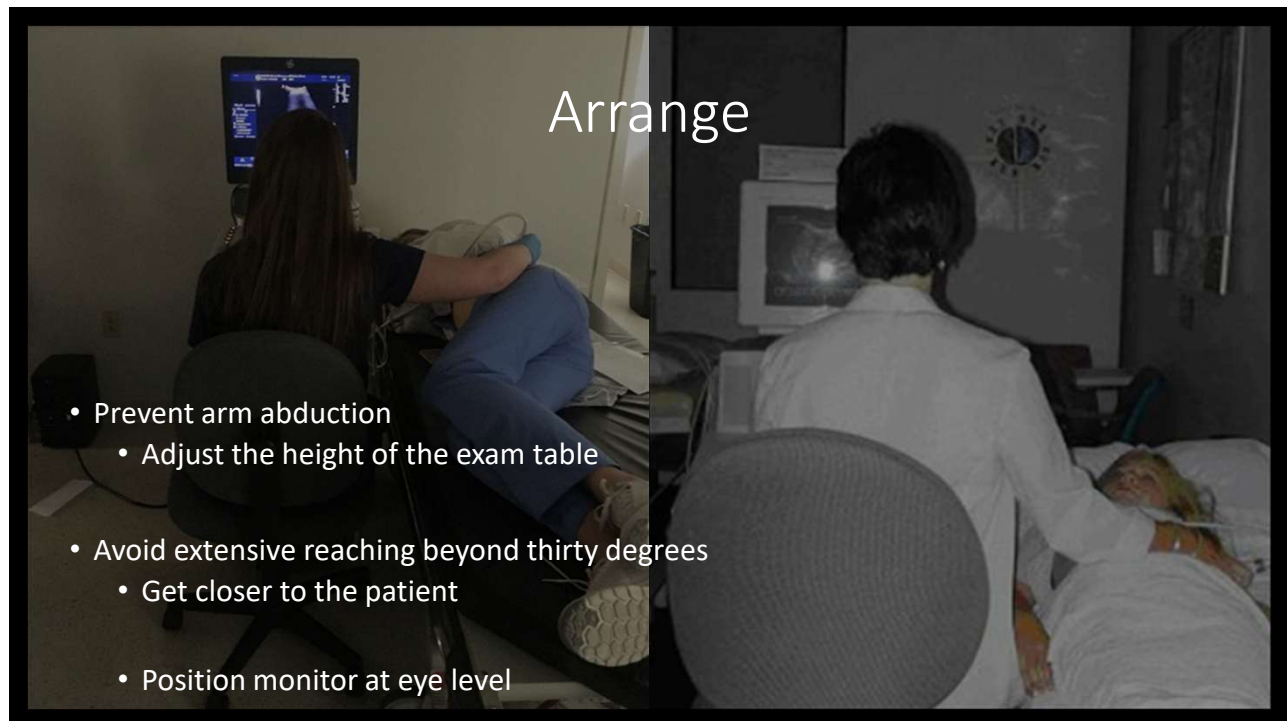


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Arrange

- <https://www.dovepress.com/work-related-musculoskeletal-disorders-in-sonographers-a-review-of-cau-peer-reviewed-fulltext-article-RMI>

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Equipment arrangement



Do not twist neck or trunk





*Philips IU22 Ultrasound System and Oakworks Multi-Specialty Table
Accessed on YouTube*

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Arrange

- Prevent excessive neck flexion and extension
- Avoid bending trunk forward
- Adjust height of table to minimize bending forward



https://www.osha.gov/SLTC/etools/hospital/sonography/access_patient.html

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Arrange

- Proper seating and sitting postures
 - Use the proper foot supports



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Transducer grip

Prevent wrist flexion and extension
Avoid resting your wrist on the control panel

Do not use a pinch grip



Radiology Key- <https://radiologykey.com/scanning-techniques-and-ergonomics/>

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Accessory equipment



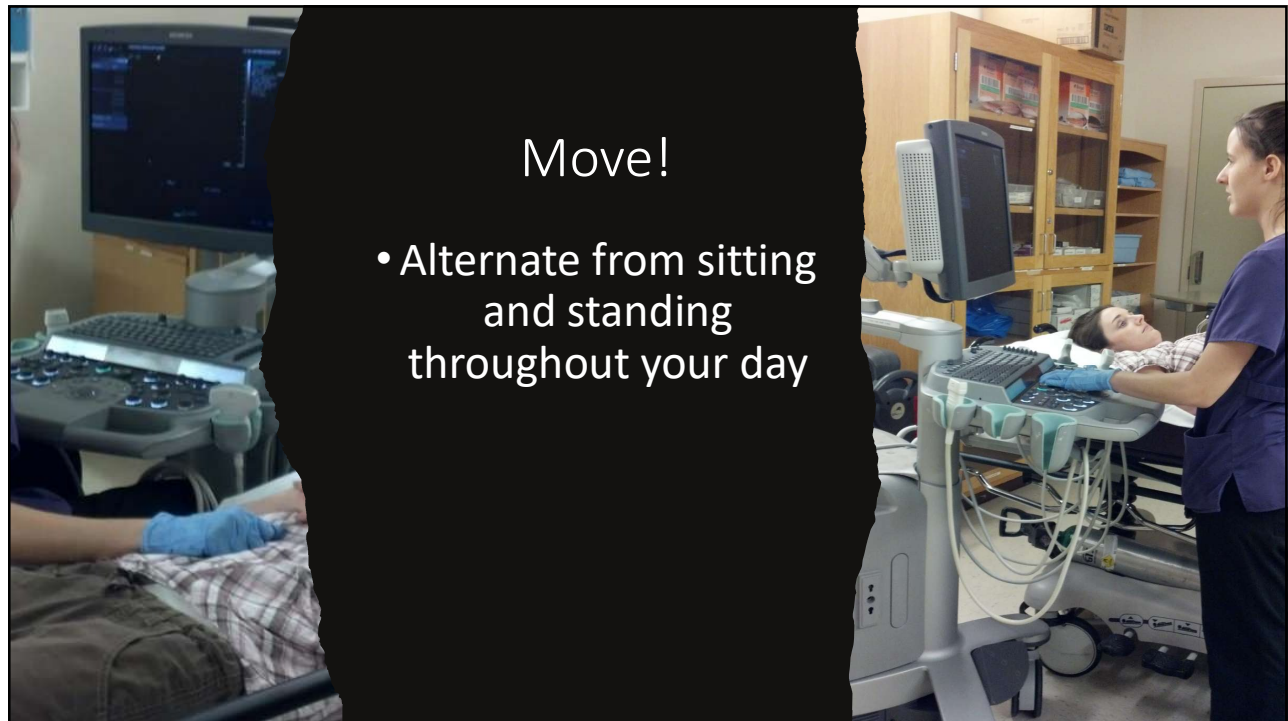
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Accessory equipment



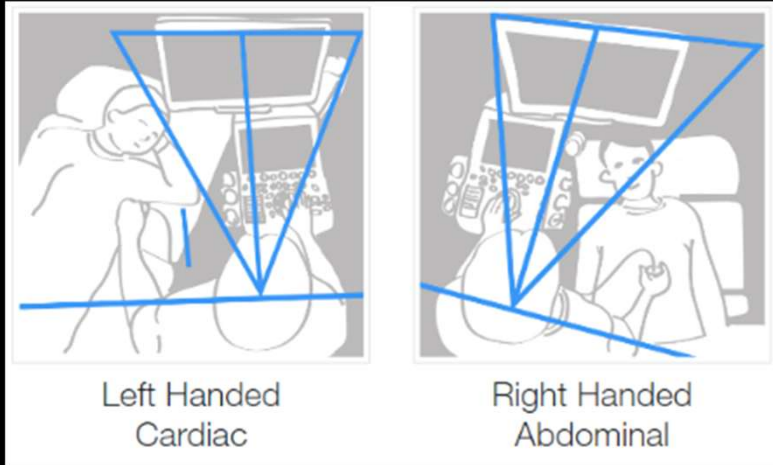
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Self



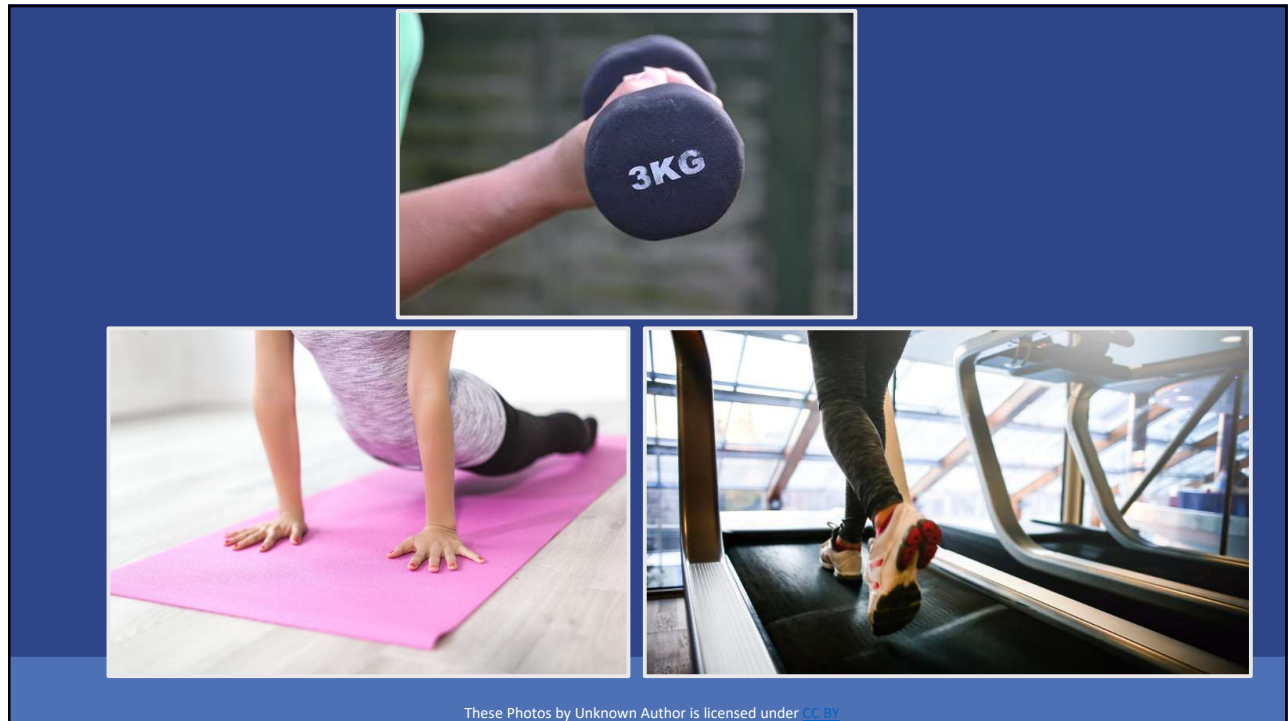
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EXERCISE



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SOME SIMPLE EXERCISES TO SHARE

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INCORPORATING ERGONOMICS INTO LABS DAILY

- Assignments
- Evaluations
- Review

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STUDENT ASSESSMENT

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Resources available

- http://www.osha.gov/SLTC/etools/hospital/sonography/access_patient.html
- <http://www.soundergonomics.com/>
- <http://www.sdms.org/msi/>

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INDUSTRY STANDARDS FOR THE PREVENTION OF WORK RELATED MUSCULOSKELETAL DISORDERS IN SONOGRAPHY

- Developed in 2016- Consensus conference
 - SDMS hosted
- Attended by 27 different organizations
 - Professional organizations (sonography and physician)
 - Manufacturers
- Roles of Employers, Manufacturers and Sonographers



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