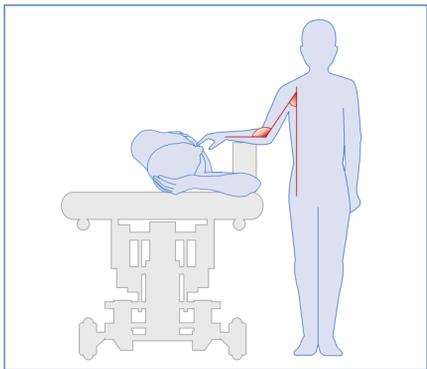
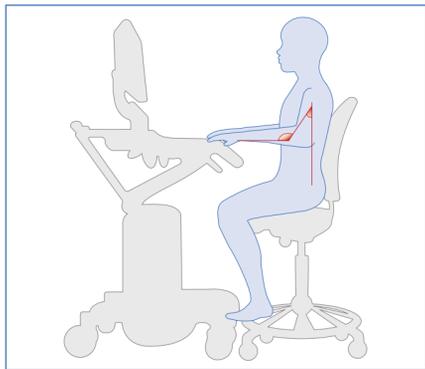


# Workplace recommendations for ergonomic solutions.

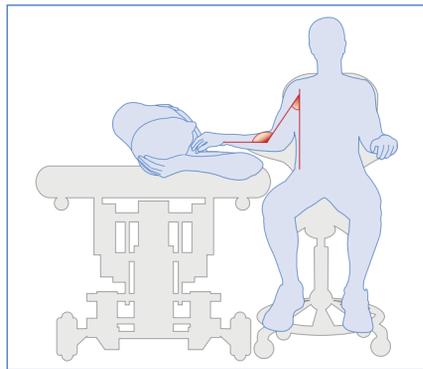
It is recommended that sonographers and physicians follow best practices to reduce the risk of injury.



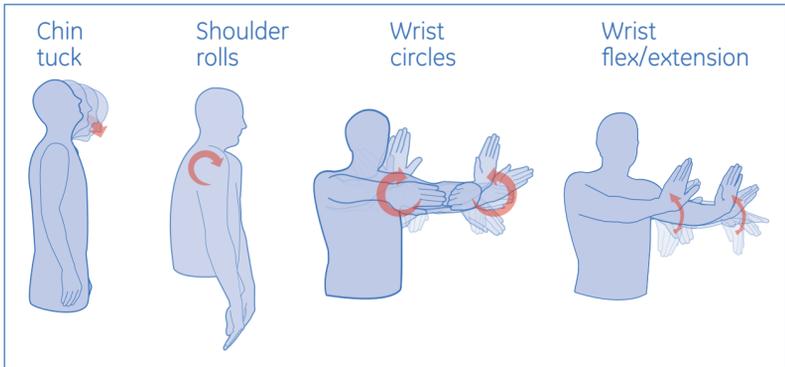
**1** Minimize sustained bending, twisting, reaching, lifting, pressure, and awkward postures; alternate sitting and standing and vary scanning techniques and transducer grips.



**2** Adjust all equipment to suit user's size and have accessories on hand before beginning to scan.

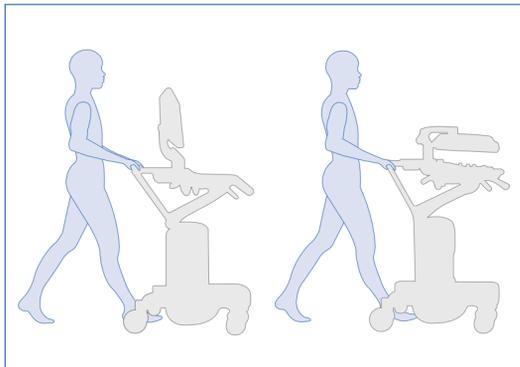


**3** Use measures to reduce arm abduction and forward and backward reach to include: instructing the patient to move as close to the user as possible; adjust the exam table and chair; and use arm supports.



**4** Relax muscles periodically throughout the day:

- a. Stretch hand, wrist, shoulder muscles, and spine.
- b. Take mini breaks during the procedure.
- c. Take meal breaks separate from work-related tasks.
- d. Re-focus eyes onto distant objects.
- e. Vary procedures, tasks, and skills as much as reasonably possible.



**5** Use correct body mechanics when moving patients, wheelchairs, beds, stretchers, and ultrasound equipment.

- a. Correct body mechanic guidelines are available from employers or regulatory bodies.

**6** Report and document any persistent pain to employer and seek competent medical advice.

**7** Maintain a good level of physical fitness in order to perform the demanding work tasks required.

**8** Collaborate with employers on staffing solutions that allow sufficient time away from work.

## Top 4 musculoskeletal injuries found in the workplace, and how to reduce injury risk by using the Vivid S6/S5.

The major musculoskeletal disorders found in the workplace involve the shoulder, the neck, and the hand and wrist. The adjustability of the Vivid S6/S5 and its compact size allow the user to be positioned in front of the system's monitor and keyboard and provide the control elements within the user's reach with reduced arm abduction.

