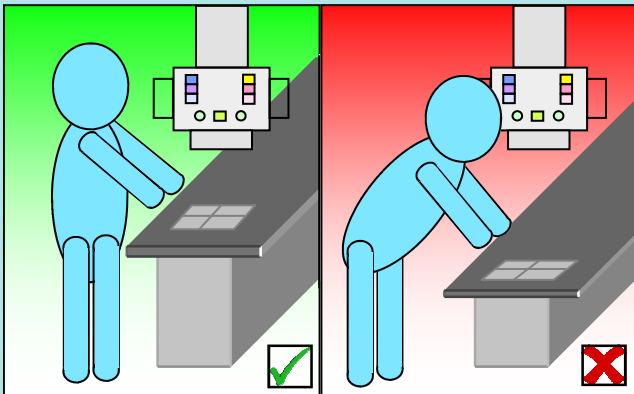
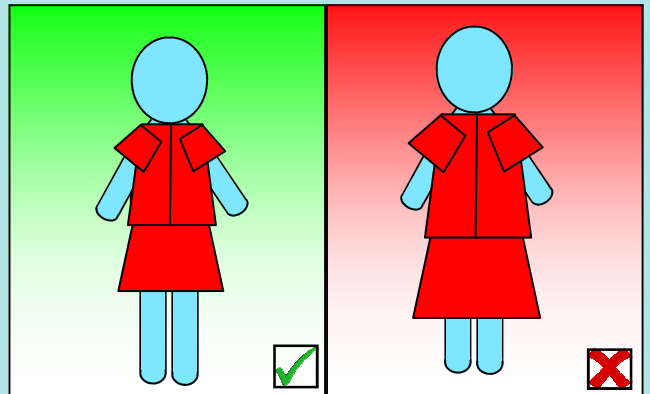


Preventing MSK Injury In Radiographers



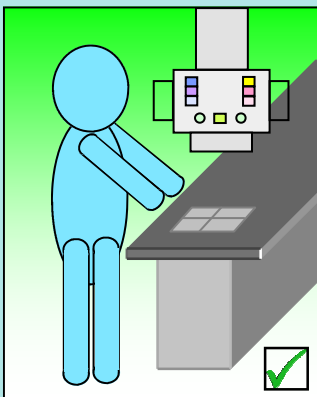
Surfaces:

- Adjust A&E trolleys, patient beds or the x-ray table to a suitable working height for yourself.
- Readjusting will reduce stress build up to your back caused by forward bending to lower heights.
- Spending the time now to adjust the height can prevent life long injury.



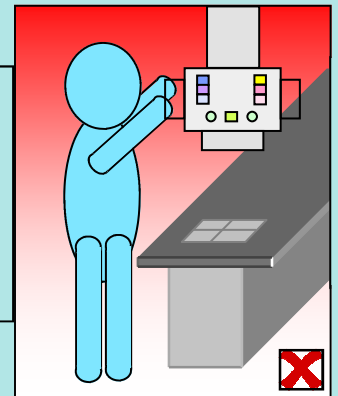
Lead Coats:

- Wear a lead coat that is an appropriate size and length.
- Wearing the correct size coat, as well as a waist support band, will reduce stress on your shoulders and back over prolonged periods of time.



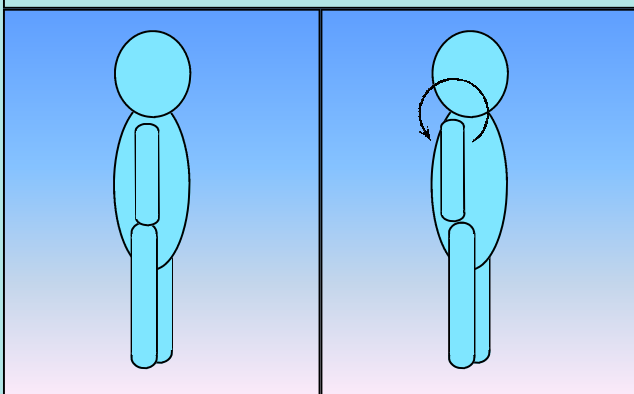
Moving X-Ray Table:

- Where possible move the x-ray table instead of the x-ray tube, i.e. working on lower extremities.
- This aids to reduce heavy lifting from above the shoulder height that can cause strain on back and shoulder muscles.



Muscles exercise for shoulders:

- Stand straight with feet shoulder width apart with arms down by your sides.
- Roll shoulders up and back in a circular motion one/two times between patients.
- The benefit of this exercise are that it relieves accumulated tension and stress in the shoulders.



Muscles Exercise for Back:

- Stand straight with feet shoulder width apart.
- Place hands onto lower back and slowly bend backwards.
- Hold position for a few seconds then return to starting position.
- The benefit of this exercise is that it alleviates back

