ULTRASOUND ERGONOMICS
CHECKLIST FOR SCANNING AND OBSERVING COLLEAGUES

PATIENT UP CLOSE

- Humerus vertical and close to body
- Check shoulder/humerus not behind the body or too far forward. Both may cause shoulder strain

TRANSUDER GRIP

- Use a power grip or modified power grip
- NO white knuckles
- Keep pressure to a minimum when scanning
- As a general rule, do NOT push or suggest others do so unless clinically required
- Check fingers not tucked under transducer or sticking out – all fingers should be involved in the grip

CHAIR, COUCH AND MACHINE

- Keybord at correct height
- Forearm horizontal
- Neck relaxed (top of monitor in position to reduce neck extension)

WRIST MOVEMENTS

- Neutral wrist, not deviated too much laterally (<25°)
- Not flexed either way (<15°)

POSITION CHAIR SO THAT SPINE IS STRAIGHT

A slight tilt forward on the chair can reduce slouch

BE AWARE OF NON-SCANNING HAND AND TAKE MICRO-BRE A K S

- Don’t over-reach
- Keep machine close to you
- No neck twisting. Use a slave monitor or show the screen at the beginning and end of the scan
- Take micro-breaks. Rest scanning hand when measuring and rest non-scanning arm if extending >30cm to reach the controls

PATIENT POSITION IN RELATION TO COUCH AND MACHINE

- Humerus vertical and close to body
- Check shoulder/humerus not behind the body or too far forward. Both may cause shoulder strain

DON’T STARE FIXEDLY AT THE MONITOR

Blink regularly throughout the scan

STANDING

- Try standing if good ergonomic posture is not easy to achieve
- If standing: balance weight between both feet and have couch at the appropriate height

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