



Ergonomics Checklist

When scanning, make sure to ask yourself the following questions to ensure you are following basic ergonomics:

Is the patient too close to me? Is my arm and elbow tucked in closely to my body in a comfortable position?

Did I adjust my chair or exam bed according to the body habitus of the patient in relationship to my height?

Is my posture a comfortable and correct one so as not to cause undue stress on my body?

Am I working with my wrist and neck in a straight and supported position?

Is my monitor and keyboard positioned so I can easily see and reach them?

Am I supporting my limbs properly throughout the entire exam?

When I stand, am I carrying my weight equally on both feet?

Did I take a mini-break?

Am I aware of unusual symptoms, such as numbness, swelling or pain?

