The goal is to keep healthcare organizations safe by promoting safety awareness. Due to the nature of their work, sonographers are at increased risk to musculoskeletal injuries. The following information and tips can help to keep you safer.

Sonography Safety

**You can protect yourself.**

* Perform stretching exercises.
  + Before the start of your scheduled work day
  + Throughout your workday
* Adjust equipment to the patient’s size and to the surroundings.
* Ensure that the patient is in close proximity to you to reduce reaching and bending.
* Use a cushion or rolled-up towel to support your arm and wrist to reduce limb fatigue and strain.
* Minimize or avoid awkward and static postures especially those that involve:
  + Twisting
  + Pressure
  + Reaching
  + Lifting
* Alternate between sitting and standing throughout the day.
* Ensure that your arm abduction is less than 30 degrees while scanning to reduce strain.
* If ambidextrous, alternate hands to allow muscles and joints to rest and recover.
* If bedside, rearrange furniture or equipment to improve scanning posture.
* Vary work tasks whenever possible.
* Take micro-breaks (a few seconds of relaxed grip from the probe).
* Take mini-breaks to allow your muscles to recover.