Radiologists at Risk: The Hidden Cost of Poor Ergonomics

Radiology reading is stressful and sedentary due to...

- Interpreting large amounts of data for long hours in sedentary environments.
- Using bright monitors in poorly lit rooms.
- Lack of ergonomic control over physical environment.

56.9% work more than 8 hours at a workstation.

This causes radiologists...

- Physical and visual fatigue.
- Pain and discomfort.

67% of radiologists reported experiencing physical discomfort.

And negatively affects...

- Health and quality of life.
- Delivery of high quality care.
- Productivity.

66% of radiologists reported significant eye fatigue.

Poor ergonomics can lead to repetitive strain injuries (RSI), pain, discomfort, headaches, and fatigue...

- People who sit for most of the day are 54% more likely to die from heart attacks.
  - Pennington Biomedical Research Center
- Radiologists are especially susceptible to RSIs. The areas most affected are:
  - 71.2% neck
  - 58.7% shoulders
  - 46.8% back
  - 45.4% wrists and hands

Respondents said their pain level increased after implementation of a PACS workstation. However, those who underwent ergonomic training and/or used ergonomic equipment reported a significant decrease in pain, according to the authors.

Keep radiologists healthy and productive! Ergonomic workspaces improve radiologists’ health.

Mitigate risks and consequences by:

- Providing equipment that allows for change of positions throughout the day while maintaining proper ergonomic postures;
- Providing reading rooms with proper ergonomic lighting and acoustical treatment;
- Managing peripheral devices and cabling to reduce clutter and distractions;
- Providing work environments that foster opportunities for collaboration and achievement of productivity goals.

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21624 Adelaide Road, Mount Brydges, Ontario, Canada N0L 1W0
www.redricktechnologies.com | info@redricktechnologies.com | 1-800-340-9511
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