

## **Best Practices for Diagnostic Medical Sonographers:**

Understanding and Minimizing Risk of Musculoskeletal Injury

## **Choosing a Good Scanning Table**

## Components:





- Electronically height adjustable (within 10-15 seconds)
- Dual hand and foot pedal control





- Adjusts low enough to ease patient mounting and dismounting (55 cm)
- Adjusts high enough for tallest sonographer (97 cm)





- Allows fully seated postures
- Drop down foot rest
- Built-in stir-ups





- Provides sufficient clearance for legs under the table at the head
- Side rails drop under table to reduce reaching





- Cut-aways facilitate echo scans
- Flip-up for supporting patient and getting close





- Easy to push, pull and manoeuvre
- Wheels readily lock and unlock with ease of activation



