



Statement on Preventing Work-related Musculoskeletal Disorders

Approved November 4, 2017

Despite increased awareness of ergonomic best scanning practices, the incidence of work-related musculoskeletal disorders (WRMSDs) is increasing among sonographers, with up to 90% of the work force scanning in pain.¹ Musculoskeletal injuries impair the welfare of these valuable members of the healthcare team and can negatively impact their job performance and the quality of patient care.

The AIUM strongly encourages cooperation among employers, sonographers, and manufacturers to promote a safe work environment. Education in WRMSD is critical to success. Workflow strategies should allow rest and recovery times during a shift, and sonographers and others who perform ultrasound examinations should implement ergonomically correct scan techniques. More research is needed to determine best practices for reducing risk of injury and to further improve ergonomic design of work station equipment.

The AIUM supports the *Industry Standards for the Prevention of Work Related Musculoskeletal Disorders in Sonography*, developed through a 2016 Consensus Conference hosted by the SDMS.²

References

1. Evans K, Roll S, Baker J. Work-Related Musculoskeletal Disorders (WRMSD) Among Registered Diagnostic Medical

Sonographers and Vascular Technologists: A Representative Sample. *J Diagn Med Sonography* 2009;25(6):287–299.

2. Society of Diagnostic Medical Sonography. Industry Standards for the Prevention of Work Related Musculoskeletal Disorders in Sonography. 2017. <https://www.sdms.org/docs/default-source/Resources/industry-standards-for-the-prevention-of-work-related-musculoskeletal-disorders-in-sonography.pdf>. Accessed 8/25/2017.

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