



Review RD 19 (2011)

WELFARE OF ANAESTHETISTS SPECIAL INTEREST GROUP

ERGONOMICS

Anaesthetists should be aware of the occupational health and safety check lists for any of their workplaces, especially in any new environment.

This awareness could include an environmental scan, and a check list of risks. These risks should be reassessed from time to time, including fire safety procedures.

For instance anaesthetists may be at risk of injuries from moving and positioning patients, moving equipment, and also from poorly arranged work environments.

Ways To Help Your Back and Neck

Lifting

Know your own strength - don't lift without thinking

Always lift and carry close to your body.

Bend your knees and make your legs do the work

Don't twist your back, turn with your feet

Sitting

Use an upright chair with back support. Get up and stretch every 20-30 minutes.

Place your computer screen at a height at which you do not have to flex or extend your neck, preferably just below your horizontal line of vision.

Use appropriate glasses (if necessary) at your computer

Standing

Have your working surface at a comfortable height

Driving

Adjust your seat from time to time, take breaks.

Try a folded towel or other lumbar support in the small of your back.

Activity

20-30 minutes walking, cycling, or swimming 3 times per week. Gradually increase physical activity.

Relax

Learn how to reduce stress. Use relaxation techniques.



References:

The Back Book. Victorian WorkCover Authority. 1997

www.ergonomicoffice.com.au.

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