

# 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.

## And negatively affects...



Health and quality of life.



Delivery of high quality care.



Productivity.



**87%\***

of radiologists reported experiencing **physical discomfort**.



**66%\***

of radiologists reported **significant** eye fatigue.

\* According to a 2014 study conducted by The MarkTech Group

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



Studies show that **sitting too frequently** throughout the day significantly increases health risks such as premature heart failure.

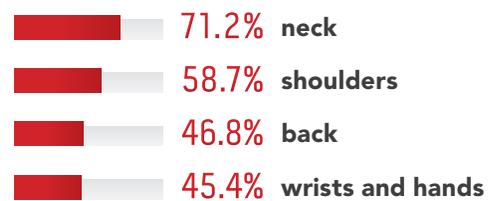


People who sit for most of the day are **54%** more likely to die from **heart attacks**.

– Pennington Biomedical Research Center



Radiologists are especially susceptible to RSIs. The areas **most affected** are:



**>60%**

of radiologists currently suffer from **repetitive strain injuries**.

– Journal of the American College of Radiology, 2014 Study

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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