

KEEP AN EYE ON ERGONOMICS

Forceful Gripping

- How tightly do you hold your instruments?
- Can you loosen your grip?

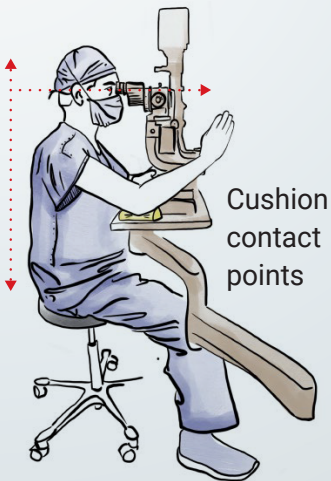


Joints like movement

Non-optimal



Optimal



Non-optimal

Chair too low



Optimal

Chair good height



Every 20 minutes take 20 seconds to move, stretch, breathe and focus on you

Non-optimal



Head forward and flexed

Shoulders rotated internally, knuckles forward

Weight shifted to one leg

Optimal

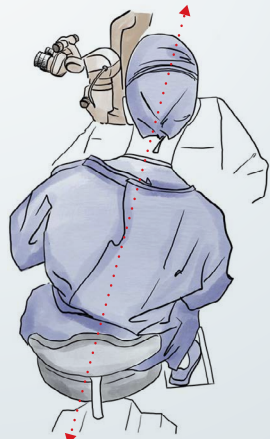


Head erect, chin parallel to floor

Hips even and level, pelvis neutral

Ear, shoulder, hip & ankle aligned

Non-optimal



- Elbow out
- Seat back too low

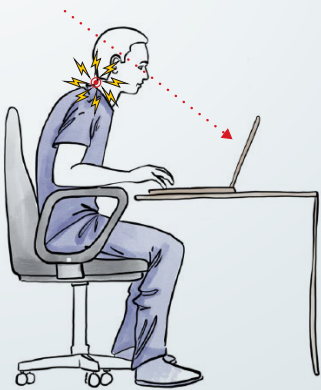
Optimal



- Feet evenly spaced
- Joints stacked

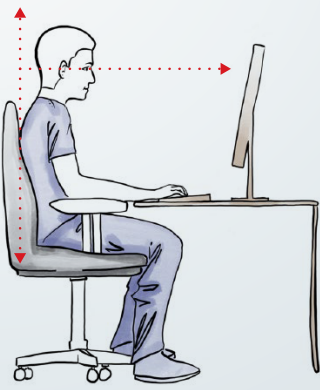
Lean back while sitting and use lumbar support

Non-optimal



- Cervical lordosis
- Anterior head translation
- Rolled forward shoulders

Optimal



- Monitor at arm's length
- Elbows at sides bent 90°
- Feet flat on ground



Static loading



Repetitive movements



Forceful gripping



Non-neutral loading



Sudden unstable movements



Insufficient recovery

We've got your back!



Ergonomics and injury prevention for ophthalmologists
Ergonomie et prévention des blessures pour les ophtalmologistes

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