

KEEP AN EYE ON ERGONOMICS

Forceful Gripping

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

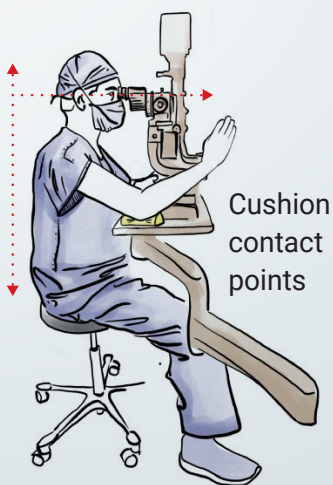


Joints like movement

Non-optimal



Optimal



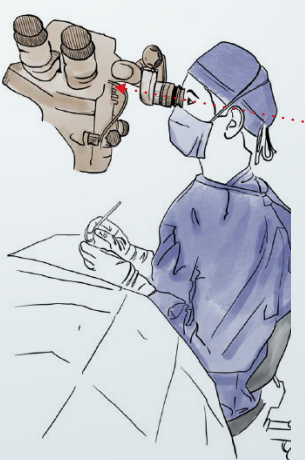
Non-optimal

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

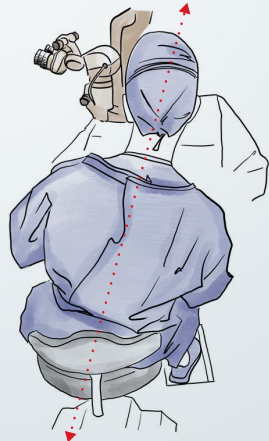


Head erect,
chin parallel
to floor

Hips even
and level,
pelvis neutral

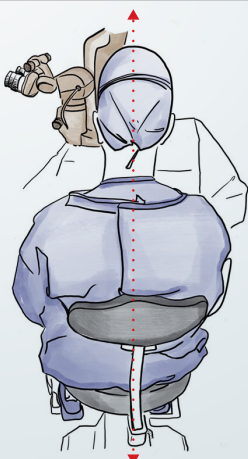
Ear, shoulder,
hip & ankle
aligned

Non-optimal



- Elbow out
- Seat back too low

Optimal



- Feet evenly spaced
- Joints stacked

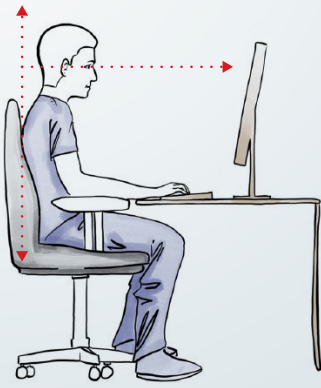
Lean back while
sitting and use
lumbar support

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



Ergonomics
and injury prevention
for ophthalmologists

Ergonomie et prévention
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ophtalmologistes

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