

## Ergonomics and work-related musculoskeletal disorders in sonography

Our goal at Philips Healthcare is to provide the clinical education you need to make the most of your equipment investment. Virtual instructor-led training (VILT) events use a robust online classroom platform that is specifically designed for highly-interactive, live online learning.

### **Philips ultrasound fundamentals 100VILT**

#### **About virtual instructor-led training**

Virtual training is a facilitator-led, live online learning event that is delivered in a virtual environment. Participants can be geographically dispersed and also individually connected. Each learner uses their own computer or other compatible device. Virtual training is synchronous, meaning that participants are connected at the same time as the

facilitator. Philips virtual training events typically range from 60-120 minutes in length with a maximum of 40 participants. This socially engaging, purposefully-designed training allows participants the same quality education of an instructor-led classroom without the need or expense of traveling.

# Ergonomics and work-related musculoskeletal disorders in sonography (FUN100VILT)

## Course description

This Philips clinical education full one-hour virtual instructor-led training (vILT) course for sonographers, lab directors and managers is developed to meet the climbing need to educate the ultrasound community on the risks and implications of work-related musculoskeletal disorders. Attendees will review: causes and risk factors for injury in sonography, the most common injuries and corresponding treatments, preventative workflow and workspace measures, therapeutic exercises and stretches, and the economic impact of work-related musculoskeletal injury on the sonographer and the hospital/facility.

## Course objectives

Upon completion of this course, the learner should be able to:

- Identify the risk factors for WRMSDs as pertaining to sonography
- Identify the symptoms associated with WRMSDs
- Describe the proper way to set up your workstation and align your posture during scanning to help reduce your risk of injury
- Explain the importance of protecting yourself against injury
- Demonstrate important exercises that can help keep you healthy and able to work
- Explain the direct and indirect economic impact of injury

## Prerequisite

A thorough knowledge and understanding of ultrasound imaging, ultrasound exams and ultrasound processes is required for this program.

## Audience statement

This course is intended for sonographers, lab directors and managers to meet the climbing need to educate the ultrasound community on the risks and implications of work-related musculoskeletal disorders.

## For more information

Contact Philips ultrasound clinical education at 800.522.7022 and visit our education catalog at [www.learningconnection.philips.com/ultrasound](http://www.learningconnection.philips.com/ultrasound)

