

At Midmark, we believe that who's using our technology is every bit as important as how and why it's being used. We are here to support you through these difficult times. With the current influx of patients into healthcare facilities, we want to share with you the following tips on workplace ergonomics. *You spend a lot of time caring for others, we want to ensure you take care of yourself, too.*





Midmark® Workstations Best Practices

At work or at home, using proper ergonomics daily can lower fatigue, injuries and frustration. Midmark Workstations were designed to help ensure better ergonomics (whether seated or standing) and less chronic injuries in the healthcare setting.

When using a Midmark Workstation, be sure to follow these steps for a proper, ergonomic fit:

- 01** Adjust the keyboard height so that your elbows may remain at a 90° angle.
- 02** Adjust the monitor or laptop location so that your eyes are approximately 18" to 24" from the screen.
- 03** For a proper viewing angle, the top of the monitor should be slightly lower than eye level so you are looking down at an approximate 15° angle. Be sure to tilt the monitor up 10 to 20 degrees from vertical.

[Watch Video](#)

[Download Brochure](#)

[Better Ergonomics for Every Body Infographic](#)



Assisting Patients Onto + Off of the Exam Chair

We realize that assisting patient transfer is unavoidable at times, and now the occupational risks for caregivers are greater than ever. We want to help ensure not only the safety of your patients, but you as well.

Safe Transfer Techniques:

- 01** Adjust the height of the chair as needed.
- 02** Use a wide base of support.
- 03** Maintain the natural curves of your back, bending at your hips and knees.
- 04** Get your center of mass close to your patient's center of mass.
- 05** Move or pivot your feet to turn—do not twist your back.
- 06** Always let the patient assist as much as possible.
- 07** Perform the transfer in one, smooth motion.
- 08** If more than one person is helping assist, communicate to ensure a safe transfer.

Source: https://www.unmc.edu/patient-safety/_documents/safe-transfers-mobility-handout.pdf

[Patient Safety Infographic](#)

[Staff Safety Infographic](#)



Stretch to Stay Healthy

Sitting or standing in static positions while treating patients can have some serious negative effects on the body. Static postures increase demand in the muscles to hold the body up against gravity, causing pain and fatigue. Use these tips to help decrease stress and tension throughout the day.

Calf Stretch:

- 01 While standing and leaning against a wall, place one foot behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Your back knee should be straight the whole time.

Hamstring + Quad Stretch:

- 01 While standing, place your foot on a stool or other stable, elevated surface.
- 02 Keep the foot of the leg that is being stretched in an upward facing direction and the hip in a neutral position.
- 03 Gently lean forward at the hip while keeping the spine in a neutral position.

Standing Hip Capsule + Piriformis Stretch:

- 01 Place your leg on top of a table.
- 02 If a stretch in your buttock is not felt, lean forward to increase the stretch.

Back Extensions:

- 01 While standing, place your hands on your hips.
- 02 Lean back to arch your back.

Transverse Reaches:

- 01 Stand with one foot forward like you are taking a stride.
- 02 Reach upward.
- 03 Turn your trunk and arms toward the forward leg and behind you.
- 04 Be sure to reach as far as you can without pain.

Waiter Tips:

- 01 Start by having your elbows bent at 90 degrees and pressed against your sides. Your fingers should be spread apart with thumbs pointed toward the ceiling.
- 02 While keeping your elbows at your side, move your hands away from each other.
- 03 While moving your hands away from each other, flatten your hands so that your palms are facing the ceiling.
- 04 Then return back to the starting position.

Learn more about Midmark Medical products, [here](#).