

# Better ergonomics for every body.

The work of a care team matters—and not just to patients. Bending or stretching to reach supplies and equipment, craning the neck to read from a monitor or slouching over a computer dramatically impact caregiver well-being and the ability to provide great care.

**1 out of 5**

Non-fatal injuries reported in the US in 2023 were healthcare-related.<sup>1</sup>

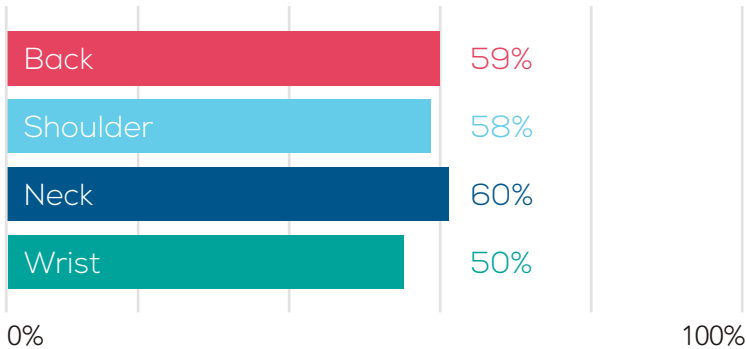
**49%**

Amount of time physicians spend each day on EHR and desk work.<sup>2</sup>

**\$66K**

Average cost per incident for injuries like sprains, strains, inflammation and carpal tunnel syndrome.<sup>4</sup>

The most common areas of pain for caregivers?<sup>3</sup>



Behind those numbers are real people with real lives, families and passions. People matter, and making sure they have the right equipment to do their jobs safely helps ensure a long career of providing quality care.



To help improve the daily work of caregivers, we worked with more than 20 facilities across the United States to create a workstation designed to support the needs of users in the 5th percentile of height (5'0" female) and the 95th percentile of height (6'4" male), and everyone in between.

Types of people involved in our research:

- IT Staff
- Operations
- Ergonomists
- Clinicians
- Facility Managers
- Interior Designers
- Architects



180° of left-to-right monitor rotation promotes content sharing. Easy vertical adjustment promotes proper neck alignment.

Configurations for PC, laptop or tablet applications as well as scanners, printers and other accessories.

26 inches of height adjustment, providing work surfaces for users of many heights ranging from 5'0" females to 6'4" males.

Easily adjust the workstation height with little force using the intuitive guidance label and lever.

Continuous eye contact for provider and patient.

Better care starts with better design.  
Learn more at [midmark.com/worksmarter](https://midmark.com/worksmarter)

Sources:

- 1 U.S. Bureau of Labor Statistics, 2023 data: [bls.gov/news.release/pdf/osh.pdf](https://www.bls.gov/news.release/pdf/osh.pdf)
- 2 Sinsky C, Colligan L, Li L, et al. Allocation of physician time in ambulatory practice: A time and motion study in 4 specialties. Ann Intern Med. 2016;165(11):753-760. DOI: 10.7326/M16-0961
- 3 <https://www.semanticscholar.org/paper/Detrimental-Effects-of-an-Electronic-Health-Records-Hedge-James/f4f4e346b9e89655131a6dfea989af799fab973>
- 4 Estimated using OSHA Safety Pays Calculator: [osha.gov/safety Pays Calculator](https://www.osha-safety-pays-calculator.com/)

