



Point of Care Ecosystem Ergonomics Checklist

While many people may think of ergonomics as just being about comfort, it also plays a vital role in safety. Safety concerns within outpatient facilities can quickly lead to liability issues, or at the very least, agitated patients and dissatisfied staff. For most healthcare facilities, ergonomic principles are also closely tied to the level of accessibility for certain patients, including the elderly and those with other mobility concerns, such as patients with disabilities or obesity issues.

When ergonomic principles are implemented within the point of care ecosystem, they can directly influence the quality level of the caregiver/patient interaction and have a significant impact on the overall experience of patients, clinicians and staff.

Below is a checklist to help ensure basic ergonomics principles are top of mind in your practice or clinic.

Facility entrance

Does your facility have accessible parking and adequate lighting? Are walkways maintained and unobstructed? Is your entrance accessible to wheelchairs? Does it have power doors?

Lobby/waiting room

Does your lobby or waiting room have adequate and comfortable seating that is fully accessible? Is the area free of clutter and uneven surfaces?

Exam room design

Does the exam room accommodate wheelchair turnaround for disabled patients? Does it allow individuals using a wheelchair to make a 180-degree turn? Does the exam room entry doorway have a 32-inch minimum width when door is open to 90 degrees? Is there a minimum of 30 x 48 inches of clear floor space around the exam chair for patient entry, exit and transfer, or to accommodate a portable lift device?

Exam chair

Does the exam chair lower to a height of 18 inches to allow patients to transfer to the chair with little or no assistance? Is the chair fully adjustable? Does it feature power height and back to ensure patients can remain relatively still during exams? Does the chair help prevent caregivers from having to overreach, twist or bend their back or torso too much during exams? Does the chair have a height adjustment range that allows both shorter and taller caregivers to work at the most appropriate height? Does it feature removable/adjustable support rails and an articulating exam surface for support during patient transfers and positioning? Are the chair's controls wireless to eliminate cords from stretching across the floor and becoming a hazard?

Mobile workstations and computer monitors

Do workstations allow proper working positions that do not hinder caregiver-patient interaction or cause unnecessary strain on the caregiver's back, shoulder or neck? Do the workstations have fully adjustable arms to allow monitors to be easily positioned for both sitting and standing postures? Are the monitors of high resolution to eliminate any eye strain, blurred vision, dry eyes or headaches that may result from prolonged viewing?

Lighting

Is the lighting easy to maneuver with precise positioning that prevents it from drifting and eliminates any undue spring or frictional force that would cause the user to overly push or pull in order to position it? Does it require less than 2 ½ pounds of force to maneuver?

Clinician stool

Is clinician seating easily adjustable and maneuverable to allow caregivers to find the most comfortable working height and maintain neutral postures? Does the stool feature a backrest to promote better posture and support for the clinician? Is there adequate room for the clinician to move about while seated to help reduce the amount of time he or she must stand during the exam/visit?

Casework/cabinetry

Is the sink located in the corner to isolate any splashing and eliminate potential slippery spots on the floor? Is the kick area of the base cabinet high enough to allow users to get in closer to the cabinets and countertops without frequent and unnecessary bending or stretching? Are the most frequently accessed supplies on the lowest shelves to keep caregivers and staff from constantly overreaching?

Staff/caregiver training

Is continual ergonomics education and training a part of your training program? Does training provide an overview of potential risks, causes and symptoms of back injuries and work-related musculoskeletal disorders?

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