AnsellCARES℠
Education. Evidence. Engagement.

InTouch
CLINICAL UPDATE

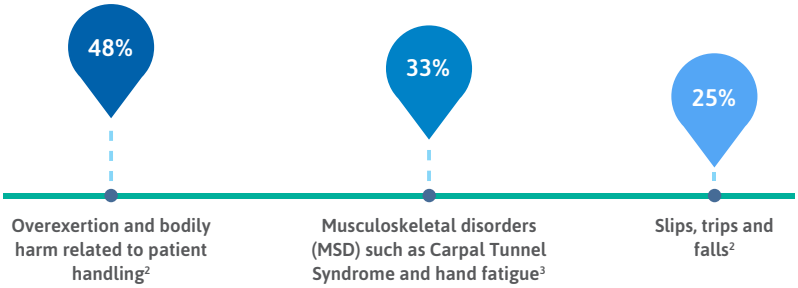
ISSUE 5: IN-SERVICE BRIEF

Part 2: Identifying Ergonomic Risk in the O.R.[1]

The operating room (O.R.) imposes some unique challenges and can be associated with negative impact to healthcare quality and efficiency. The O.R. area and the procedures it undertakes including its unpredictability, need to be examined to help staff implement safe and timely changes to reduce the ergonomic implications and risk.

Work related injuries are multifactorial, adversely affecting health care workers and safe patient care.

Leading causes of ergonomic related injuries among hospital workers.[2]



Ergonomic risk factors in the O.R. include:[4]

Monitor Placement	Operating table height	Standing position
Instrument design	Proper lighting	Stress

The burden of MSD associated costs has driven the establishment of best practice standards with some US states enacting no-lift laws. Similar standards of practice are embraced by the Association of periOperative registered nurses (AORN) as well as European and Australian nurses' associations. There is also the introduction of specifically designed equipment and devices that aim to reduce ergonomic injuries that occur in the O.R.

AORN
Association of periOperative Registered Nurses

Leading causes of lost workday injury and illness related to occupational MSDs are **Carpal Tunnel syndrome** and **tendinitis**.[5]

Hand fatigue is prevalent in the O.R. and is often caused by **rigid**, **slippery**, **ill-fitting gloves**. Ergonomically designed gloves may result in less hand fatigue, contributing to a decrease in hand injuries during surgery.

References:

1. AnsellCARES. Healthcare ergonomics. InTouch Clin. Updt. 2016;(15); P1. https://www.ansell.com/us/en/ansellcares/intouch-quarterly-newsletter Accessed April 1, 2024.
2. Occupational Safety and Health Administration (OSHA). Worker safety in your hospital. Know the facts.2013. www.osha.gov/sites/default/files/publications/1-1_Data_highlights_508.pdf Accessed April 18, 2024.
3. U.S. Bureau of Labor Statistics. Nonfatal occupational injuries and illnesses requiring days away from work. 2015. http://www.bls.gov/news.release/osh2.nr0.htm Accessed April 18, 2024.
4. American College of Surgeons. Surgical Ergonomics Recommendations. 2022. https://www.facs.org/media/cezf1xvo/surgicalergonomicsrecommendations.pdf Accessed April 18, 2024.
5. European Agency for Safety and Health at Work. Risk factors for musculoskeletal disorders development: Hand-arm tasks, repetitive work. http://oshwiki.eu/wiki/Risk_factors_for_musculoskeletal_disorders_development:_hand-arm_tasks,_repetitive_work Accessed July 15, 2015.

For more information or additional clinical resources, please visit www.ansell.com/AnsellCARES

Ansell

Ansell, ® and ™ are trademarks owned by Ansell Limited or one of its affiliates. © 2024 All Rights Reserved.

ITIB.04.24