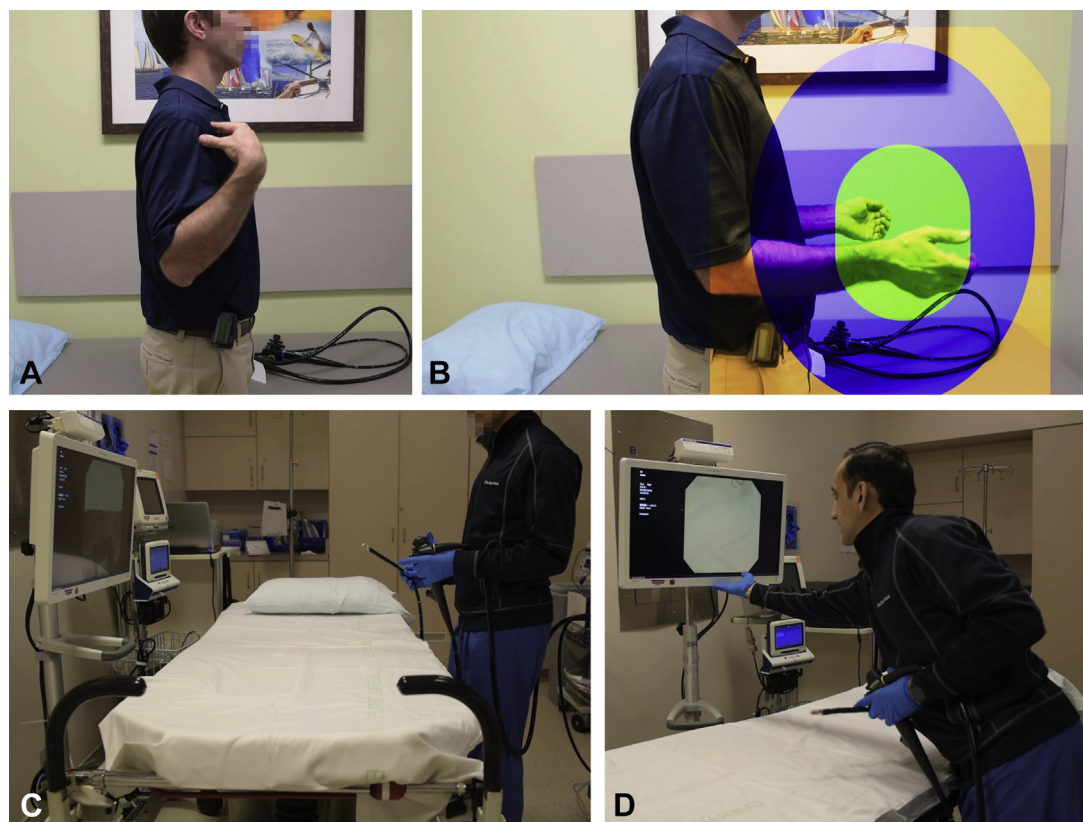


## Optimizing ergonomics before endoscopy



**Figure 1.** **A**, Demonstration of good back and neck posture. **B**, Demonstration of neutral position and best positions highlighted in green. **C**, Demonstration of proper bed height. **D**, Demonstration of proper positioning of the monitor.

Ergonomics plays an important role in injury prevention for endoscopists. Raising awareness and enhancing the knowledge of ergonomics in endoscopy may prevent endoscopic-related injury. In this video ([Video 1](http://www.VideoGIE.org), available online at [www.VideoGIE.org](http://www.VideoGIE.org)), we review proper attire and equipment before endoscopy, and room setup before endoscopy, including bed position, monitor position, and processor and endoscope position ([Fig. 1A-D](#)).

On the basis of survey data, 37% to 89% of endoscopists experience work-related injuries. Suspected risk factors include repetitive hand motion, high hand forces, and awkward wrist, shoulder, and neck postures. As the number of endoscopic procedures increases, the risk for injury will also rise. The goal of this video is to enhance

awareness of ergonomic principles and to prevent endoscopy-related injuries.

### DISCLOSURE

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**Michael A. Chang, MD, Jeffrey Mitchell, MSPT, OCS, Syed M. Abbas Fehmi, MSc, MD, University of California San Diego, San Diego, California, USA**

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Written transcript of the video audio is available online at [www.VideoGIE.org](http://www.VideoGIE.org).