Essay on telemetry and ekg monitoring

Law, Security

Group ergonomics involves a position known as Telemetry and EKG monitoring. A telemetry and EKG monitoring technician usually is positioned in a cube which is the monitoring station. The station has 5 -8 computer monitors that are responsible for giving the EKG readings of a patient. Each monitor has readings ranging from 8 to 10 with each of the reading showing the electrical activities that a patient has. This position is associated with ergonomic issues. These issues include standing for a long time since the technician has to constantly check the readings and check on how the patient is doing. However, the technician can be in a situation where he or she sits down for a long time. Prolonged standing and sitting cause the lumbosacral region to be static which in turn causes low back pain on the technician(Protection, 2012). The cervical region gets in an extended awkward position too. There are also probable exposures to the low radiation emissions which are in form of x-rays. This is especially from the Cathode ray tube monitors. They emit hazardous x-ray radiations. X-rays are usually in the form of ionizing radiation that can remove electrons in atoms thus causing damage on the living cells as well as the DNA of the cells. The technician is also faced with probability of asthenopia or eyestrain which is caused by prolonged viewing of the computer monitors. Eyestrain is a condition that causes fatigue around the eyes and sometimes causes pain. The chairs and tables that the technician uses are usually in a fixed position therefore causes general body fatigue. There can be measures placed to control these problems experienced by the technicians. They include use of adjustable chair and table, positioning the table at a position such that there is no awkward positioning of the cervical spine, alternating sitting and

standing and using screens that protect against the emissions from the computer(Society, 2004).

References

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