VETERINARY CLINIC ERGONOMICS CHECKLIST

PROJECT VETSPAN

Veterinary medicine has normalized too much physical wear-and-tear.
This checklist helps you start fixing it immediately.

1. QUICK SELF-ASSESSMENT (CHECK YOUR BASELINE)

Before or during your next case, run through this:

✅ Head & Neck
□ Is my head drifting forward or down?
□ Am I holding this position for more than 30–60 seconds?
□ Can I briefly reset to a "chin back / double chin" position?

✅ Wrist Position
□ Am I working from a neutral wrist (not bent forward/back)?
□ Am I generating force from a stable position?
□ Would a small adjustment improve my leverage?

✅ Back / Posture
□ Am I hinging from my hips vs collapsing and slouching through my back?
□ Am I leaning or reaching unnecessarily?
□ Can I bring the work closer to me or step in closer?

✅ Discomfort Pattern (**Your Best Clue**)
□ Where do I feel fatigue at the end of the day?
Neck □
Low Back □
Wrist/Forearm □
Note: This is not random—this reflects your movement patterns during the day.

2. QUICK FIXES YOU CAN USE TODAY

Adjust the Setup (Before You Start)
□ Bring the patient closer to you
□ Adjust table height (minimize bending/reaching)
□ Keep tools within easy reach
If you're reaching, leaning, or bending—you've already lost position.

Use the 10-Second Reset (Between Patients)
□ Stand tall
□ Pull chin back
□ Reset shoulders
□ Take 1–2 deep breaths
You don't need a break—you need a reset.

Move More, Not Less
□ Shift your stance every 60 seconds
□ Avoid staying locked in one position
□ Make small adjustments during procedures
The biggest problem isn't posture—it's staying there too long.

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3. BUILD DURABILITY (OUTSIDE THE CLINIC)
Your body must be strong enough to support your work.
Focus on:
□ Upper back strength (2-3 sets of rows 2x/week, posture work)
□ Carrying strength (farmer's carries)
□ Neck control (1-minute chin tuck resets, 30-60 second planks)
The best ergonomic position is the one your body can actually hold.

REMEMBER THE 3 KEYS
✓ Position – How your body is aligned
✓ Setup – How your environment supports you
✓ Capacity – Your strength to hold the position

WANT PERSONALIZED FEEDBACK?
If you want help applying this to your real work:
Send me a short video (15-30 seconds) or photos of you working.
I'll review your setup and give you specific recommendations.
Email: **info@ProjectVetspan.com**
Subject: **Ergo Review**

READY TO GO FURTHER?
If your clinic is dealing with:
- Ongoing aches and pains
- Team fatigue and wear-and-tear
- Teams feeling physically or mentally worn down

I offer:
- Virtual ergonomics & body mechanics consults
- In-clinic training and assessments
- Team-based durability system implementation

Feel free to share this checklist with your team.
Email me to start the conversation.

FINAL THOUGHT
You may not always control the workload.
But you can improve how your body moves within it.
You need to **move better inside the work you're already doing.**