

When performing or undergoing an electrocardiogram (EKG or ECG), safety is generally high, but there are a few important precautions to keep in mind. EKGs are non-invasive and painless, using small electrodes placed on the skin to detect the heart's electrical activity. To ensure safety, the skin should be clean and dry before electrode placement to prevent skin irritation or poor contact. It's important to avoid using any electronic devices that may interfere with the machine during the test. Patients with allergies to adhesives should inform the technician, as alternate electrode pads may be needed. While the EKG itself poses no electrical risk—since it only records signals and does not emit electricity—proper equipment maintenance and trained personnel are essential to avoid inaccurate readings or technical issues.