

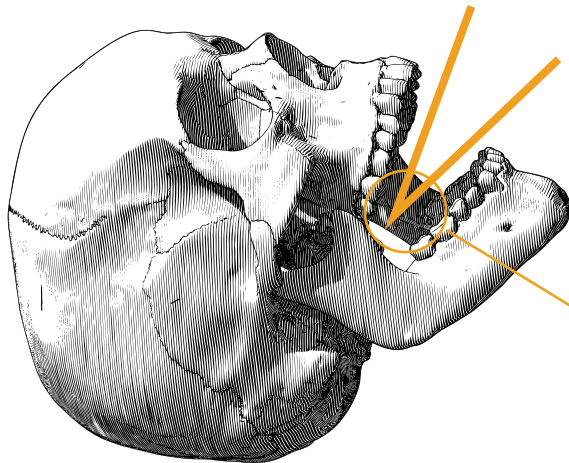
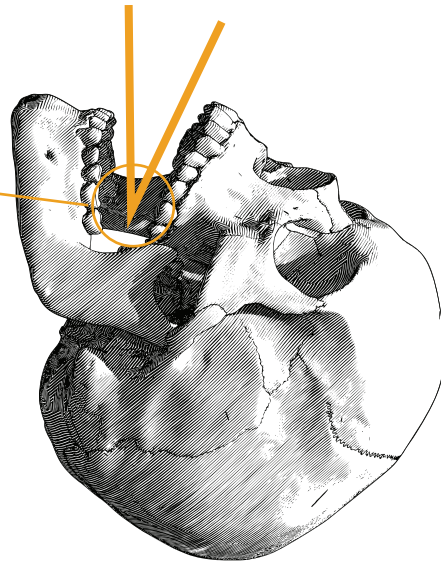
# Ergonomic Solutions for Dental Hygienists

Every day a dental hygienist must perform the same tiny detailed movements while in a seated position. While these work conditions may not seem hazardous, they could lead to injuries associated with ergonomics.



# Ergonomic Solutions for Dental Hygienists

For maxillary work, the maxillary plane should be tilted roughly 7 degrees beyond the vertical and up to 25 degrees for work on the 2nd and 3rd molars. Depiction of the maxillary jaw rotated up to 25 degrees beyond the vertical. Hygienist's neck should be neutral.



For mandibular work, a chin down tilt should be used with the maxillary plane roughly 8 degrees ahead of the vertical for all 180 degree work except directly behind the patient. Chin down maxillary tilt allows much better view of mandibular work from side without hygienist's neck bending.

To avoid lateral head flexion, movement of the saddle chair in the 180 degree plane surrounding the patients head should be utilized. Consider working on the maxillary side until completion, then alternating to the mandibular side of the jaw instead of alternating between the two.

