Ergonomic Tips for Dental Clinics



Warm up and stretch before you begin work and throughout the day. Stretch your wrists and fingers throughout the day, especially the area between the thumb and index finger.

Avoid tilting, twisting, bending forward and slumping. Use the hip hinge method if you must lean forward.



Alternate between sitting and standing when possible.



Use full-arm motions rather than wrist strokes when possible.



Position the patient so that your elbows are lower than your shoulders. This helps avoid tucking your chin to your chest.



Wear gloves that fit and don't restrict movement.



Schedule patients so that you alternate between long, difficult cases and short, easier cases.

Take breaks! Pausing briefly and frequently can minimize fatigue and the risk of musculoskeletal disorders.



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 Use hand instruments with larger diameter handles. A larger handle distributes pressure across a larger group of hand muscles.



Stabilize your hand by resting your elbow on the chair's back or arm.

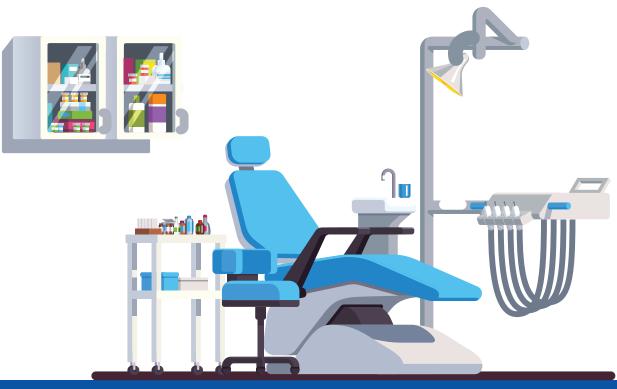
Avoid using coiled cords and hoses. The tension transfers to the hand when you stretch the cord.

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Place instruments, materials, and medications within easy reach.

Adjust the patient's chair when accessing different quadrants.

Use a surgical magnification system when necessary. It should allow for a comfortable posture while maintaining a close view of the task at hand.



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