MIND YOUR BODY - PRESERVE YOUR CAREER: THE IMPORTANCE OF ERGONOMICS IN DENTISTRY

Mary Govoni, MBA, CDA, RDH brings 50+ years of experience in dentistry as a Certified Dental Assistant and Registered Dental Hygienist, with both clinical and administrator experience in general and specialty practices. Mary is a former dental assisting educator and was a partner in a successful dental staffing service.

For the past 30 years, Mary has focused on speaking and consulting with dental teams on infection prevention, OSHA compliance, HIPAA compliance, ergonomics, chairside efficiency, and team communication and development. Mary has published numerous articles in professional journals, is a Past President of the American Dental Assistants Association, serves on the Corporate Council for Dimensions of Dental Hygiene, member of the Speaking and Consulting Network, and the Organization for Safety Asepsis and Prevention.

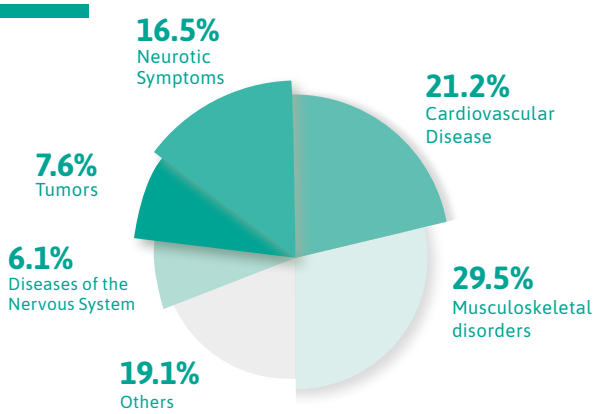
Mind Your Body - Preserve Your Career: The Importance of Ergonomics in Dentistry

Did you know that Musculoskeletal Disorders (MSD's) are the #1 reason dentists retire early from practice? In this webinar, Mary Govoni MBA, CDA, RDH focuses on the importance of ergonomics and shares strategies to prevent MSD's.

FOUR KEY TOPICS

1. Recognize the most common ergonomic risk factors in dental operatories
2. Identify MSDs common among dental professionals
3. Assess PPE, equipment and instruments for ergonomic features
4. Discuss interventional strategies to prevent ergonomic injuries

REASONS FOR EARLY RETIREMENT AMONG DENTISTS[1]



WHAT ARE WORK-RELATED MSD'S?[2]	MOST COMMON MUSCULOSKELETAL INJURIES IN DENTISTRY	SIGNS AND SYMPTOMS
Injuries that affect the human body's movement or musculoskeletal system, affecting muscles, tendons, joints, ligaments, nerves, spinal discs, cartilage, and blood vessels	• Carpal Tunnel Syndrome • Cervical disc injuries • Low back pain and disc injuries • Thoracic Outlet Syndrome	• Decreased range of motion • Decreased grip strength • Loss of normal sensation pain • Cramping of muscles • Dropping objects

PREVENTATIVE MEASURES

Work in Neutral Posture

Patient Positioned at Proper Height

Reduce Unnecessary Motions

Sit in Stable Position

Minimize Fatigue

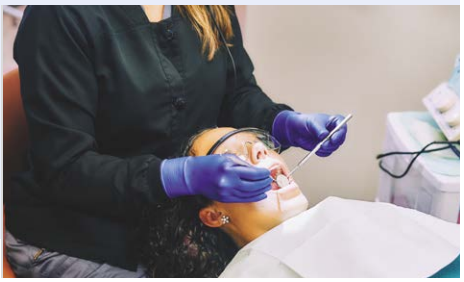
Move and Stretch Throughout the Day

Maximize Lighting to Reduce Eye Strain

Enhance Environmental Conditions

Remember Posture and Glove Selection are Important for Reducing:

- Stress on joints, ligaments and tendons
- Range of motion
- Muscle fatigue
- Psychological effects of physical stressors
- Potential for MSD's



GLOVE BASICS[3,4]				
MATERIAL	STRENGTH & DURABILITY	ERGONOMIC DESIGN	GRIP	ALLERGENIC POTENTIAL
Latex	Higher Stretch In Use Failure Rate - 1-3%	Gold Standard for Comfort	High	• Type I Latex and Type IV Chemical Allergies • High Risk
Neoprene	Higher Abrasion In Use Failure Rate - 2-5%	Thickness & Composition	Medium High	• Type IV Chemical Allergies • Medium - Low Risk
Nitrile	Higher Puncture In Use Failure Rate - 1-3%	Thickness & Composition	Medium	• Type IV Chemical Allergies • Medium Risk
Vinyl	In Use Failure Rate - 26-61%	Thickness & Composition	Low	• Type IV Chemical Allergies, Contact Urticaria • Low Risk

References:

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