



Ergonomics and Self-Care for the Dental Team

As dental professionals, we educate our patients about the importance of prevention—yet we often neglect our own well-being when it comes to preventing ergonomic injuries. Are you sacrificing your body to care for your patients? Pain, numbness, and the long-term physical strain of working chairside can cut careers short—but it doesn't have to be this way. By incorporating ergonomic principles into daily practice, you can protect both your health today and your career longevity.

This course provides the entire dental team with a comprehensive introduction to ergonomics and the risk factors associated with work-related musculoskeletal injuries. Whether at the front desk or in the operatory, participants will learn how to create a healthier work environment through proper posture, optimized workspace design, ergonomic equipment selection, improved positioning, and enhanced visibility within the oral cavity. When the team works in a comfortable and supportive environment, they can provide the best possible care for their patients.

Course Objectives:

- Recognize ergonomic risk factors that contribute to musculoskeletal disorders.
- Explain how ergonomic adjustments improve efficiency and reduce physical strain.
- Demonstrate how proper ergonomics enhance both team and patient comfort during treatment.
- Identify equipment and workspace design factors that may pose ergonomic risks.
- Assess and optimize dental practice workspaces for better ergonomics and workflow.
- Implement stretching and strengthening exercises to help prevent musculoskeletal injuries.

By prioritizing ergonomics, dental professionals can maintain their well-being, extend their careers, and continue providing exceptional patient care—without sacrificing their own health.