

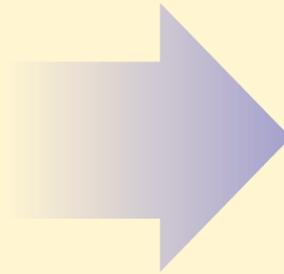
WORK SMARTER, NOT JUST HARDER

Think **Ergonomics**—fitting the task to the person
For very small businesses—dental offices



Avoid working with a bent neck and back

1
KEEP
NECK AND
BACK
STRAIGHT

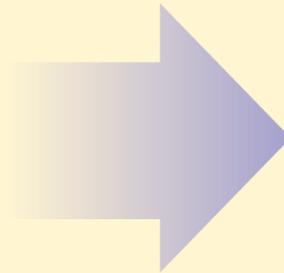


Use a mirror or magnification



Avoid working with raised arms

2
KEEP
ARMS AT
YOUR
SIDE

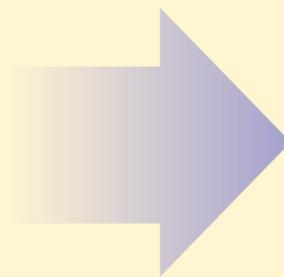


Reposition yourself



Avoid working with bent wrists

3
KEEP
WRISTS
STRAIGHT



Reposition patient and adjust angle of work

4
PICK THE
RIGHT
INSTRUMENT



Choose instruments and layout to maximize comfort in the hand and reduce force and repetition