



DENTAL CARE

Dental Assistants

Pay attention to your work posture!

You work well as a team and you have a great sense of organization. However, your work postures can make you suffer. Opt for safe postures!

TO PROTECT YOUR MUSCLES AND YOUR JOINTS, YOUR BODY MUST REMAIN IN SYMMETRICAL AND NATURAL POSITIONS.

Your back and your neck

The challenge is to stay as upright as possible in front of your work area to eliminate twisting and side bending of the back. Also avoid bending the head forward and to the sides.

Your shoulders

Shoulder problems are common. To prevent them, it is necessary to reduce the efforts required to keep the arms elevated and limit the use of postures where the arms are kept apart from the body.

Your elbows and your wrists

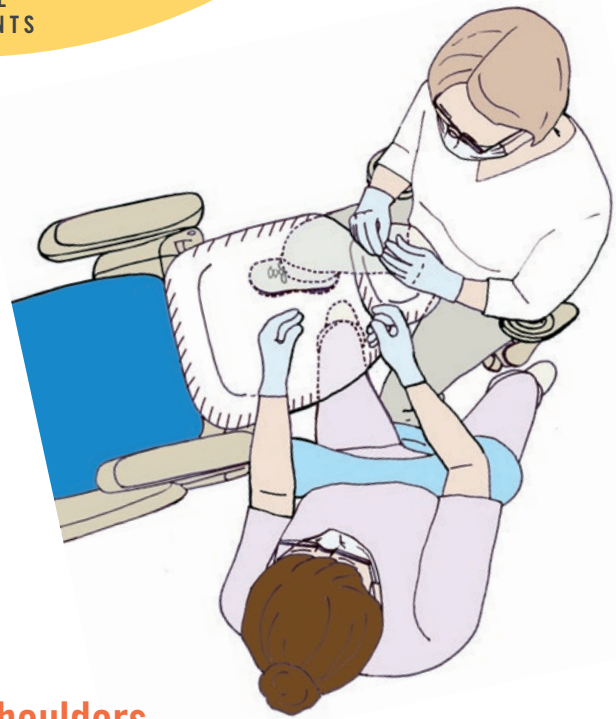
Extensions, flexions and deviations of the wrists (to the thumb or little finger), frequent or prolonged, will damage them and cause injuries to the elbows. Efforts to hold the tip of suction can also cause problems in the wrists and hands.



PREVENTION TIPS

Protect your neck and your back

- Get closer to your work area. Place your legs under the patient's chair and, if necessary, interpose your knees with dentist's. Thus, you will both benefit from the recommended postures.
- Adjust the height of the lumbar support and bring it forward into the hollow of your lower back. As much as possible, keep your lower back well supported during work.



After a patient and at every possible opportunity, complete this exercise

- 5 wide backwards rotations of the shoulders - breathe in as you lift your shoulders and exhale as you lower them
- 5 forward rotations of the shoulders - proceed in the same way
- Take deep abdominal breaths to relax the lumbar and dorsal areas

Protect your shoulders

- During treatments, keep your elbows on the wide torso support.

Protect your elbows and your wrists

- Keep your wrists in a neutral position, your hands should be aligned with your forearms, like when shaking hands. Change hands if needed.
- Wrap the tubing of the fast suction around your forearm to decrease pressure on your hand and wrist.



Rest and relaxation

Even when applying all these recommendations, you will need some recovery time.

- Plan several breaks during your work day.
- During breaks and end of days, take time to complete one of the relaxation routines offered on the ASSTSAS website.

FOR MORE INFORMATION

PROTEAU, Rose-Ange. *Guide de prévention des troubles musculosquelettiques (TMS) en clinique dentaire*, ASSTSAS, 2007 (asstsas.qc.ca/publication/gp50)

PROTEAU, Rose-Ange. *Dentistes et hygiénistes dentaires – Travaillez sans mal !*, fiche technique, ASSTSAS, 2017 (asstsas.qc.ca/FT21)

Vidéos : routines de détente (3 min, 8 min) et témoignages d'hygiénistes, ASSTSAS (asstsas.qc.ca/dossier-thematiques/cliniques-dentaires)

ASSTSAS



Ensemble en prévention