

Guide to a better ergonomic work position



Start in balance - your ergonomic foundation

Always strive for balance, movement and variation.

Stand up, take a deep breath and relax in your shoulders - you are now in balance.

How to position yourself right

Carry the feeling and curvature you have in your back with you when you sit - maintaining an active sitting position in balance:

- The dental chair should be positioned high enough to create an open angle in the hips, at least 10 cm higher than a traditional 90° seat.
- Keep your feet flat on the ground and your lower legs perpendicular to the floor.
- Position the foot pedal correctly in relation to the direction of your leg and foot.
- Your legs should be slightly apart, with shoulder-width distance between the heels. The lumbar support should provide support for the upper part of the pelvis and comfortable support for the lower part of the pelvis.

Patient positioning

- The height of the patient is important. The higher you position the patient, the less you need to bend your neck.
- The natural arm position when working in detail involves slightly bent forearms with the upper arms pushed slightly forward - imagine threading a needle with a sewing thread.
- Always remember to work with relaxed shoulders.



Neck alignment

To achieve the correct angle in the neck, bring your chin slightly in towards your chest from an upright position, while keeping your head close to the body's vertical balance (creating a slight double chin). This is the optimal working position that you should maintain while sitting.

Patient placement

Now it's time to adjust the patient chair. Basic rule: Position the patient according to your working position - not the other way around. The height of the patient's mouth should align with your hands, as instructed above.

- Always work with your arms moving in straight paths, forward and backward, and avoid excessive outward movement. This working method requires you to move around the patient and work with a mirror.
- Utilize the headrest and, if needed, a pillow to improve your view into the patient's mouth. Adjust the patient's head and neck pillow as necessary.
- Always strive to provide support for the patient - this is often appreciated by the patients. Forearm support is beneficial for the upper part of the spine.



Secure grip, and stable support

When gripping instruments, use the first three fingers without extending the finger joints. By using three fingers instead of two, you activate more muscle groups, and working with relaxed hands becomes easier. Support your fourth and fifth fingers on the patient (such as the arch of the tooth or the jaw).

Take micro-breaks when working for extended periods with the same task. These breaks can involve movements or brief rests.

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Sit right and see clear!



1
Ensure your lower leg is vertical.



2
Place both feet flat on the floor



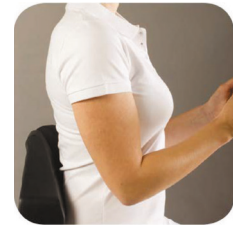
3
Avoid overextending your legs, keeping them within a 45° spread.



4
Adjust the chair's height to position your upper and lower legs at 110° angle.



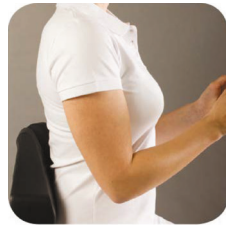
5
Let the back support slightly rest against the upper part of your lower back's lumbar area.



6
Take a deep breath, assume a proud/strong posture, raise your chest, exhale, and lower your shoulders - relax!



7
Position your upper and lower arms at a 90° angle.



8
Bring your arms forward about 10° - 20°.



9
Look straight ahead and nod your head in a "yes" motion, creating a slight double chin. Avoid extending your neck more than 20°.

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