

## ***Practicing Today's Dental Hygiene in the Comfort Zone***

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### ***COURSE DESCRIPTION***

Are repetitive stress disorders inevitable or preventable? Chronic aches, pains, and workplace-related injuries sideline thousands of dental professionals every year. Whether a disability is temporary or permanent, are you willing to lose your professional career in an untimely fashion or to seemingly random event?

Properly fitted ergonomic equipment, used correctly, reduces stress and fatigue, increases workplace safety, improves efficiency and clinical outcomes, and increases job satisfaction. This fun, information-packed program will give you practical, real-life answers and strategies that can modify or eliminate career-destroying habits!

### Course Objectives

- The advantages of practicing with magnification loupes
- The benefits of using auxiliary illumination
- Working with an ergonomic chair
- Proper operator / patient positioning
- The ergonomics of polishing