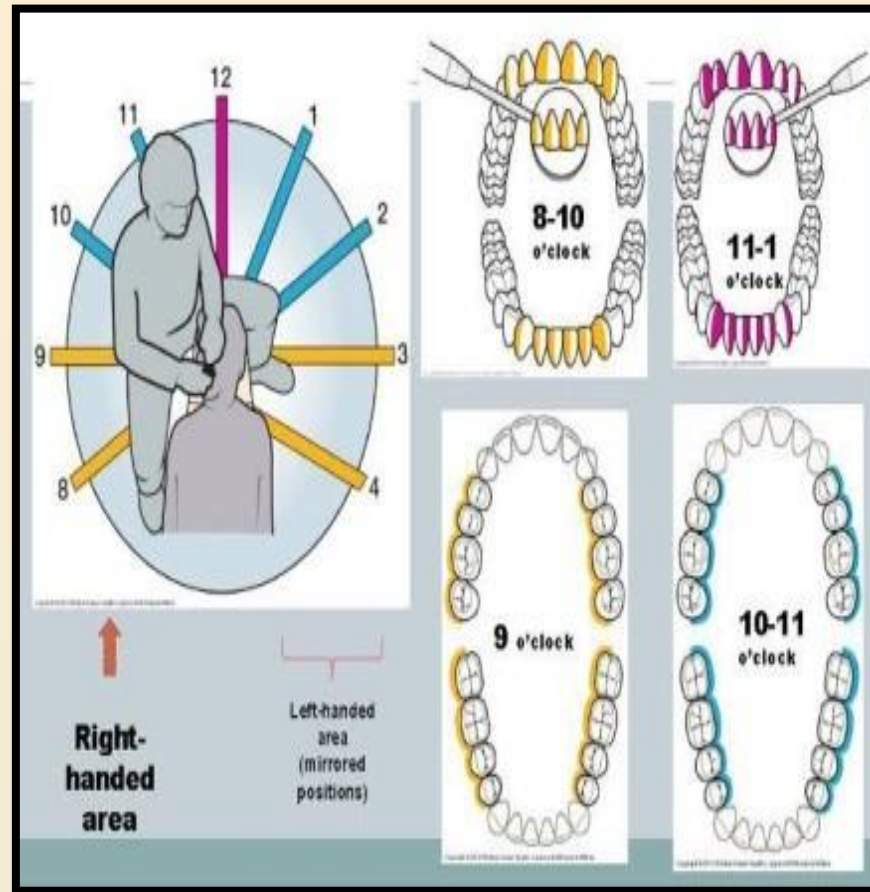


In Greek, Ergo means work & nomos means natural law or system

1. Improve job process by eliminating unnecessary any tasks, step & effort.
2. Reduce the potential for over extension injury.
3. Minimize mental / physical fatigue potential.
4. Improve treatment efficiency and accuracy.
5. Leverage workers skills

Consequences of Poor Design

1. Discomfort -Chronic Pain
2. Accident -Injury
3. Fatigue -Increased Error
4. Work related Muckoskeletal disorder (WMSD)



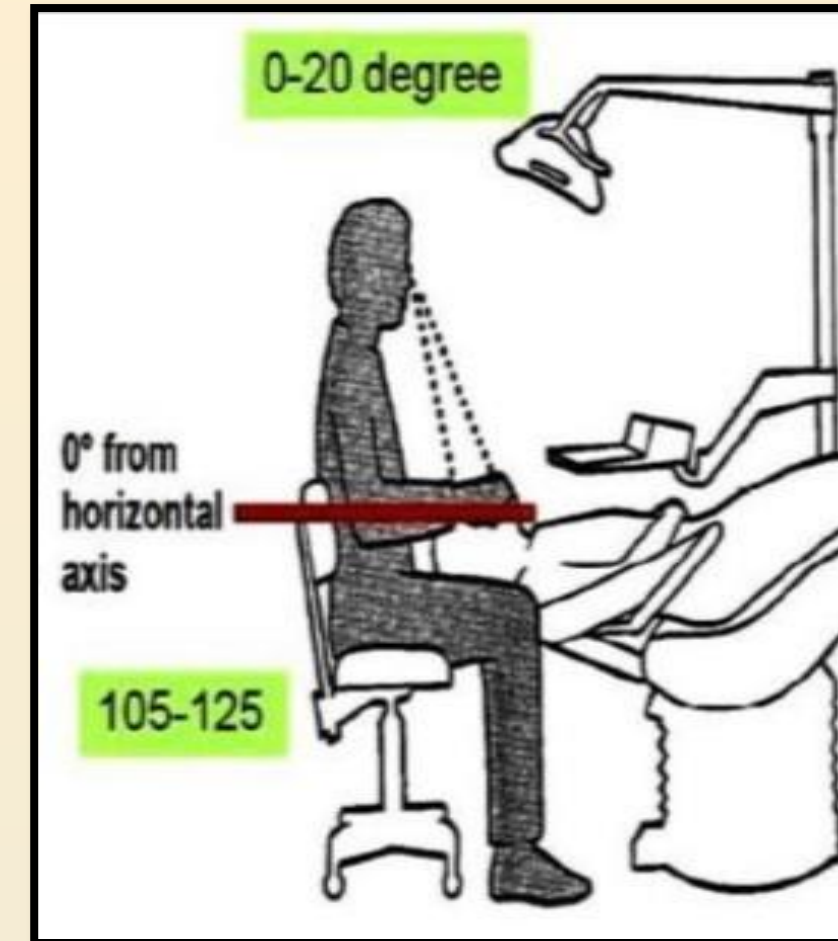
You must either
modify your dreams or
magnify your skills.

Jim Rohn

OPERATOR POSITIONING

- ❖ The correct operator position : directly behind the patient, at the 11- or 12-o'clock position.
- ❖ The operator should adjust the seating position so that the hips are 90° to the floor, the knees are 90° to the hips, and the forearms are 90° to the upper arms.
- ❖ The eyepiece is inclined so that the head and neck are held at an angle that can be comfortably sustained.

Carr GB. Microscopes in endodontics. J Calif Dent Assoc 1992;20(11):55-61.



CORRECT ERGONOMIC POSTURE

Loupe Enhanced Posture –

- Elbows down
- Forearms parallel to floor, height of patient chin
- Slight forward head tilt
- Torso sitting upright & away from patient
- Body weight evenly distributed



MICROENDODONTICS AND ERGONOMICS

- Shoulders Relaxed
- Straight Back
- Circulation in Legs
- Healthy Hip and Knee Joints
- Feet Flat on the Floor

- Low back Pain
- Tendonitis
- Epicondylitis



- The skillful use of an OM entails its use for the entire procedure from start to finish.



- Working in such a way depends on refinement of ergonomic and visual skills to a high level.

- ❖ The eyepiece is inclined so that the head and neck are held at an angle that can be comfortably sustained.

- ❖ This position is maintained regardless of the arch or quadrant being worked on. The patient is moved to accommodate this position.



Carr GB. Microscopes in endodontics. J Calif Dent Assoc 1992;20(11):55-61.

TAKE BACK YOUR BACK!!

- ❖ After the patient has been positioned correctly, the armrests of the doctor's and assistant's chairs are adjusted so that the hands can be comfortably placed at the level of the patient's mouth.

