

ERGONOMICS/HEALTH AND SAFETY AT WORK - PROGRAM 2025/2026

Subject	
1.	Introduction to the ergonomics. Basic concepts in ergonomics. Characteristics of the dentist workplace in terms of ergonomics – teamwork in dental office
2.	Health risks in dentistry
3.	Sanitation procedures
4.	Isolation of dental operating field. Rubber dam. Terms and conditions of the two-handed dentistry, so-called solo technique, in supine position of the patient – advantages and limitations.
5.	The specificity of endodontic treatment in patient in supine position. The ergonomic aspects in the treatment of geriatric patients. Terms and conditions of the four-handed dentistry in supine position of the patient – advantages and limitations. The six-handed dentistry – advantages and limitations
6.	OSH training. Work planning – preparation of the workplace. Dental equipment and instrumentation.
7.	Rubber dam placement. Methods.
8.	The two-handed dentistry, so-called solo technique, in supine position of the patient.
9.	The four-handed dentistry in supine position of the patient. Dental team work zone's, dental instruments marking.
10.	Instrument grasps used by the operator and the assistant for holding the instruments and instruments' transfer. Sign language. The six-handed dentistry.
11.	Stress and physical fatigue. Relaxation exercises.