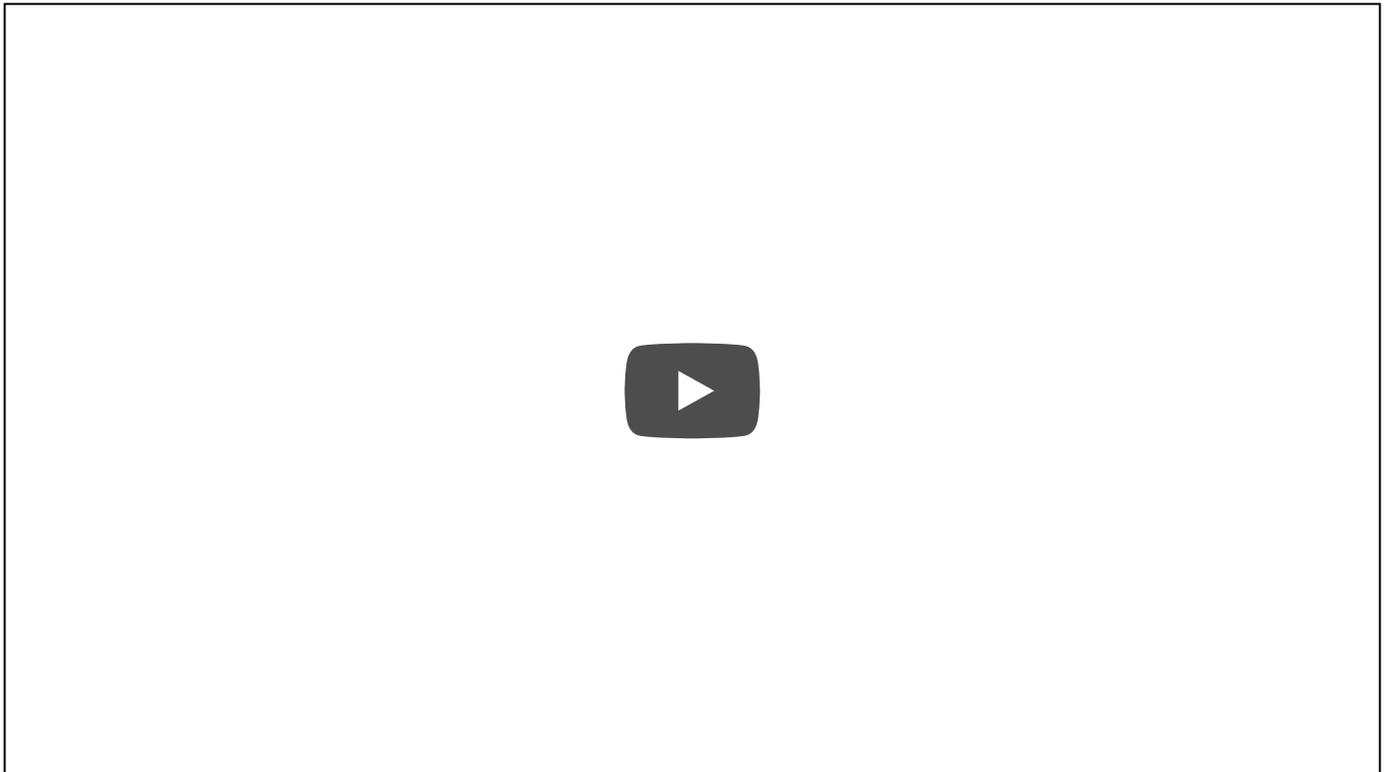


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Video 3 – Instruments: Choosing the best and keeping them sharp

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Many dental hygienists work in pain or know others suffering from musculoskeletal disorders (MSDs), such as tendonitis, tennis elbow, and carpal tunnel syndrome. Dental hygienists and their employers can prevent MSDs by paying attention to ergonomics. This means taking simple and practical steps to design or arrange the workplace for safe and efficient work.

This second video in a five-video series provides information about how proper operator and patient positioning can prevent work-related MSDs. (English, 3 min 54 sec)

The video was produced by the Occupational Health Surveillance and Evaluation Program (OHSEP) (<http://www.cdph.ca.gov/programs/ohsep>) in the Occupational Health Branch of the California Department of Public Health. OHB partnered with the University of California, Berkeley, Ergonomics Program and the California Dental Hygienists' Association to create videos on ergonomics by and for dental hygienists.

To order a copy of the video, call 510-620-5757, or email OccHealth@cdph.ca.gov

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