

# Tips for Ergonomic Practice

## SUPPORT YOUR BACK



**60,000**  
HOURS

### DID YOU KNOW?

A dentist can spend up to 60,000 hours in a lifetime working in tense and distorted positions, with consequent musculoskeletal problems.<sup>1</sup> **Be sure your stools support an ergonomic posture.**



### Adjust your seat.

**YOUR STOOLS SHOULD ADJUST FOR EACH CLINICIAN'S HEIGHT AND SHAPE.**

Select stools that allow you to adjust the height so you can keep your hips slightly higher than your knees and adjust the lumbar support up, down, back and/or forward so it meets your lower back curve.<sup>1,2</sup>



### TIP

Choose stools that include a tilted seat plane, which opens the hip angle to help maintain the lower back curve, and a forward edge that does not compress the backs of your thighs.<sup>2</sup>

## You can adjust Midmark® stools, to support a better working posture in 4 easy steps:

### Operator's Stool

1. Raise or lower the back rest to fit your lower back curve.
2. Sit all the way back on the seat. Adjust the back rest away if needed.
3. Slightly tilt the seat pan forward so it is sloping 10-15 degrees.
4. Adjust the height so your feet are flat on the floor and your thighs are gently sloping downward.



### Assistant's Stool

1. Sit all the way back on the seat. Adjust the back rest to touch your lower back curve.
2. Position the torso bar just below your bottom rib and snugly against your torso.
3. Adjust the height of the chair so your eyes are approximately 6" above the dentist's.
4. Rest your feet on the footrest bar or the floor.



### Get the support you need from Midmark.

Midmark Operator's and Assistant's Stools feature multiple points of adjustment for better back support. A contoured seat with a raised front improves weight distribution for a more balanced posture and overall comfort. A waterfall front edge reduces pressure on the backs of the thighs.<sup>2</sup>



To learn more about ergonomic dentistry and Midmark's ergonomic solutions for your operatories, visit [midmark.com/dental](https://midmark.com/dental).



Sources:  
1 International Journal of Pediatric Dentistry - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144062/>  
2 International Journal of Dental and Health Sciences - [https://www.researchgate.net/publication/259975882\\_ERGONOMICS\\_IN\\_DENTAL\\_PRACTICE](https://www.researchgate.net/publication/259975882_ERGONOMICS_IN_DENTAL_PRACTICE)

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