

# Tips for Ergonomic Practice

## CONSIDER LIGHTING

Quality, well-positioned clinical lighting is essential to avoid eye strain and maintain proper working posture. **It “allows the clinician to see better without feeling the need to bend, twist, or turn.”<sup>1</sup>** And it’s one of the simplest adjustments you can make to help prevent musculoskeletal disorder (MSD) symptoms.



### Illuminate your work.

Quality overhead dental lighting should **“produce even, shadow-free, color-corrected illumination that is concentrated on the operating field.”<sup>2</sup>** The right illumination can help reduce eye strain and headaches while providing a clear view of your work.

### Position your light.

To help avoid twisting your body or curving your spine,<sup>3</sup> pair adequate light with correct light positioning. Be sure **“the light beam of the dental operating light [is] as parallel as possible to the viewing,”<sup>3</sup>** as shown in the picture on the right. Or, more specifically, “the light source should be in the patient’s mid-sagittal plane, directly above and slightly behind the patient’s oral cavity and 5 degrees toward the head of the operator in the 12 o’clock position.”<sup>2</sup>



### Support ergonomics with Midmark lighting.

Midmark operatory lights provide an ergonomic three-axis design that offers total control with pull, tilt and twist options so you can easily adjust the positioning of your light to avoid eye strain. You can also choose from a variety of mounting options to best fit your treatment room and working style.



### DID YOU KNOW?

Midmark lighting maintains a soft, feathered edge to reduce the eye strain associated with sharp contrasts.

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



Sources:  
1 Dimensions of Dental Hygiene – <https://dimensionsofdentalhygiene.com/article/seating-positioning-and-lighting/>  
2 International Journal of Clinical Pediatric Dentistry – <https://doi.org/10.5005/jp-journals-10005-1229>  
3 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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