

# What Is Overlooking Operator Safety Costing You?



While patient safety is vital to your practice, **so is your health and your team's health.**

## 92%

Across multiple studies, about 92% of dental professionals reported musculoskeletal disorder symptoms in at least one anatomical region during a one-year period.<sup>1</sup>

## 34%

34% of lost workdays are due to work-related musculoskeletal injuries.<sup>2</sup>

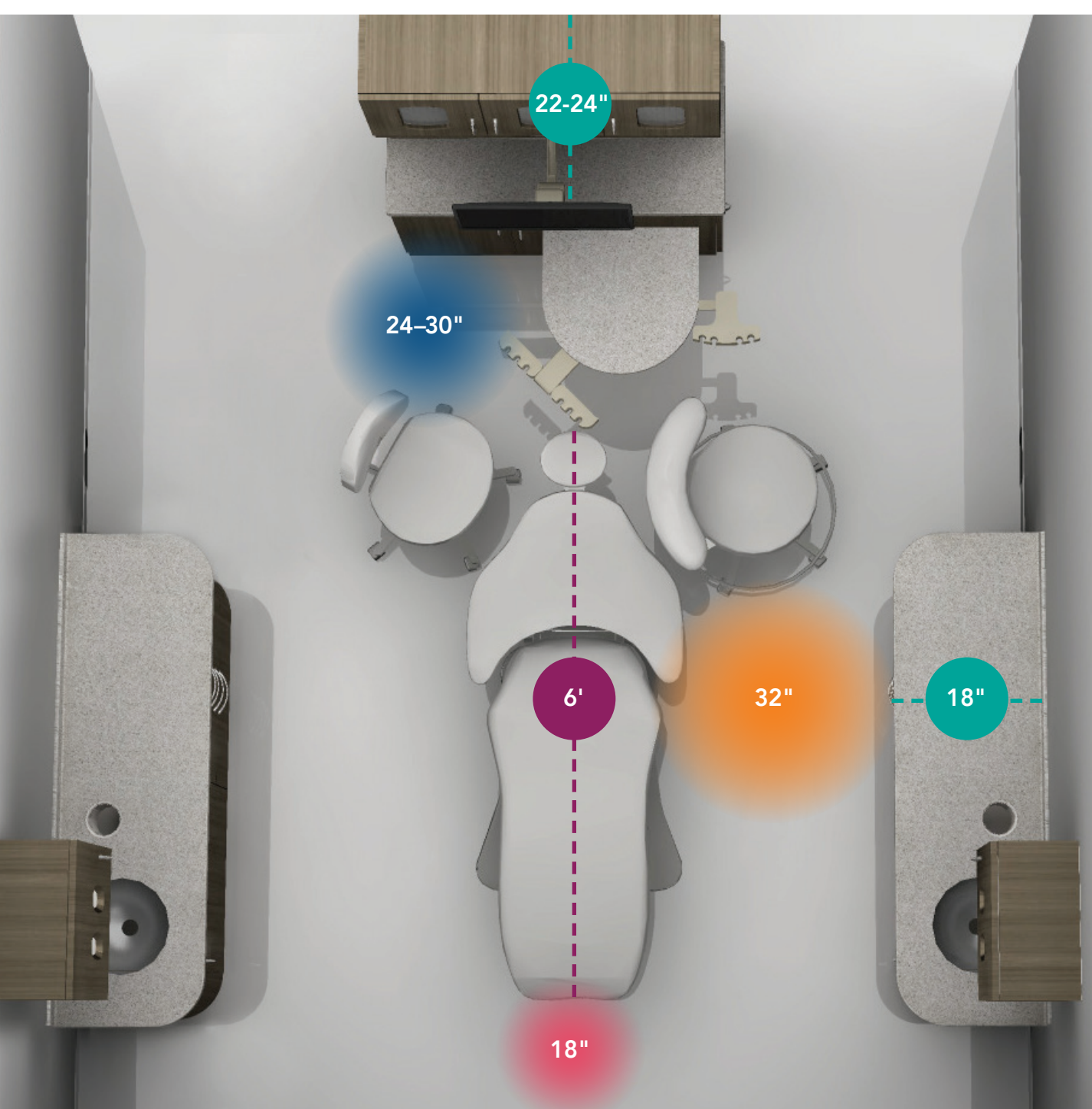
## \$64k

OSHA estimates the average cost per incident for injuries like sprains, strains, inflammation and carpal tunnel syndrome is \$64,000.<sup>3</sup>

## Plan Operatories to Prioritize Your Health

Designing your operatories for better ergonomics and workflow can help your health and efficiency.

**What does that look like?**



Start with the dental chair, typically 6 feet long, as the center of your layout.



Keep 32 inches of spacing on either side of the chair per ADA recommendations.



Add side cabinets, typically 18 inches deep, and a treatment station, between 22–24 inches deep, for adequate storage and instruments within reach.



Add 24–30 inches between the treatment station and head of the chair to work comfortably from the 9 o'clock to 3 o'clock positions.



Add 18 inches at the foot of the chair to maintain clearance for horizontal travel when raising the chair.

Together, these dimensions and layout help support ideal workflow and ergonomics by including maneuverable space around the chair and placing delivery units, work surfaces and the oral cavity all within your reach.



Sources:  
1 [https://www.researchgate.net/publication/317224618\\_The\\_impact\\_of\\_occupation-related\\_musculoskeletal\\_disorders\\_on\\_dental\\_hygienists](https://www.researchgate.net/publication/317224618_The_impact_of_occupation-related_musculoskeletal_disorders_on_dental_hygienists)  
2 [https://jada.ada.org/article/S0002-6177\(14\)65116-3/fulltext](https://jada.ada.org/article/S0002-6177(14)65116-3/fulltext)  
3 <https://www.osha.gov/dcsfp/smallbusiness/safetypays/estimator.html>

