

# DoD Ergonomics Working Group NEWS



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## Taking a Bite Out of Work-Related Injuries: A Guide for Dental Care Providers

*A new publication from the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) Ergonomics Program.*

This full-color, 20-page booklet provides dental care providers with the information they need to recognize the symptoms of various work-related musculoskeletal disorders (WMSDs), their causes, and their consequences.

It also educates dental care providers on how to prevent WMSDs from occurring and the steps to take if they develop the signs of a WMSD.

Finally, the guide offers easy to follow and perform exercises to prevent work-related injuries.

As a bonus, a pocket card guide is also included for providers to carry with them, serving as a quick resource to make sure they are always practicing good ergonomics on the job.

**Both publications are available in pdf format at [www.ergoworkinggroup.org](http://www.ergoworkinggroup.org). Click on Publications and select Dental Booklet and Pocket Guide.**



### Contents

- **Recognizing WMSD Symptoms and Causes**
- **The Consequences of WMSDs**
- **You Can Prevent WMSDs**
- **You Can Prevent Neck and Back Pain**
- **You Can Prevent Shoulder Pain**
- **You Can Prevent Elbow Pain**
- **You Can Prevent Wrist and Hand Pain**
- **Ask Your Leadership for Support**
- **If You are Experiencing WMSD Symptoms**
- **Are You Practicing Good Ergonomics?**
- **Exercises**