Sheet number: 12 part 2

Refer to slides : Occupational Safety & Health

Written and corrected by: fatmeh alabbasi and Sanaa ben tareef

### you have to refer to slides.

Now we will talk about position....

Some people wear loops; that helps to magnify the tooth that we are working on, and helps us to work in a fixed distance away from the tooth, but if we go closer to the tooth, it will be magnified more. It will help us in Endodontic treatment to see the canals. (you can see it in slide #56).

\*\* Workstation layout (slide #57)

-There is a fancy chairs that allows for change in position, the left handed students will suffer from some problems during working due to lack of space; cause the hoses are at the left side of the chair (in JU hospital).

-Hoses are positioned away from the body.

\*\*Operator Chair (slide #58)

-we prefer it with 5 legs.

- We prefer it to go up and down using our legs not our hands; because we wear gloves most of the time.

- Adjustable, wrap-around body support; some times we put our back at the left or right side of the chair during working and this design gives support to our backs (more comfortable and free work).

\*\* Patient Chair

Same as slide #59

\*\* Posture (slide #60)

- Do not work with a 90 degree elbow angle, it should not be elevated more than 30 degree.

- Do not forget that you can Change the patient's head position when you need.

\*\*Work Practices (slide #61)

- The sharper the instrument the better the results of your work, and the less effort you need to do.

- Use full-arm strokes rather than wrist strokes.

\*\* Scheduling (slide #62)

- Make sure to put good recovery time between your patient in your clinics in the future; alternate between long and short procedures, difficult and easy procedures.

#long and difficult procedures like removing heavy calculus or Endo treatment for third molars with alot of canals.

# Short and simple procedures like class one cavity preparation or review or examine a new patient.

\*\* look to the study in slides (63-66).

\*\* Hazards specific to body systems:(slide #67)

- Noise: There is a mistaken information said that dentists are (أطرب) from others, this is not true!

- Mental health: We are always in stress; because we are really surgeon’s 😈.

- Skin: 1/3 of the dentists have dermatitis.

- pregnancy: The pregnant women that works in the dental staff, if they follow certain precautions they won't be at that risk even if they were work with chemicals (amalgam) or radiation.

\*\*General Safety Rules (slides #68-72)

- All of the dental staff have to know these rules.

- you should know the policy of emergency.

- If you in an emergency situation, you have to know the medical history of the patient (that you had been taken while taking the history), ask the victim if he takes his medications.

# the most common cause of faint is vasovagal attack because of anxiety.

# If a patient came to your clinic and loss his consciousness what do you need to do?

 1- Read his medical history.

2- make the dental chair horizontal and rise his legs.

3- Sometimes you need to put water on his face, or put anything with a strong smell near his nose (عطر أو كحول) to make him conscious again.

# you have to know where the emergency trolley in the hospital.

# The code blue is for cardiac arrest (no pulse or is not breathing), code red is for bleeding.

# If you call the emergency staff you have to lead them to the exact location that you are in.

- Sodium hypochlorite is very dangerous although it is from the best types of irrigation in Endo, so you have to use high volume suction when you make irrigation, don't leave the containers that have the irrigant on the bracket table always put it on the bench to prevent it from spelling on the patient, you or even the ground.

Burs and hand pieces:

Always make sure of the burs right placement and that they aren’t suspected to removal while rotation specially the high speed burs since it doesn’t lock like the low speed burs. If the burs fly out of place this indicates to the patient that you don’t know how to work!

Another thing is that the patient might swallow or inhale that bur so always try to use rubber dams that is not only important for isolation but also protection of air ways.

The instruments:

Always check them , sometimes if you keep on sharping them the might break while being in use ,if it was too old and unused it might also break , or even a file breaking in a root canal because of extensive use so try to mark the numbers of use (2 to 3 ) .

Note: in case you received a broken or a defected instrument from the dispensary don’t take it caz you will be blamed for that!

The surgical blade should always be sterile.

The yellow box (slide 73) this is called a sharps container sharp things are placed there so the person responsible for their dispose well know that this container has sharp instruments.

 We should always use disposable suction tips in surgery.

The blue light use for light cure it is not good to be exposed to it caz it kills a number of cones and rods from a single exposure so you have to wear yellow or orange glasses and it has to be of this color caz of the close wave lengths. We can also use a face shield.

\*\*\* Anything electric try not to use on patients with pacemakers caz it may interfere.

Important universal signs



1. Nuclear field

2. Fire

3. Electricity

4. Radiation

5. Explosion

6. Heavy equipments

7. Hazardous

8. Risk of slipping forward

9. Magnetic field

 Incidents should always be reported example is a needle stick injury you have to report what happened, name of patient and his history, what kind of a procedure were you working on, what would you do next time to prevent this from happening.

 Slide 76

What kind of incidents might you report (doesn’t have to be something that has happened it might be something that was going to happen but didn’t)?

1. Needle stick injury
2. Bur flied out of the hand piece ( it might be that you don’t know how to place it correctly or there is a problem with the hand piece itself )
3. Slide 78

Note: there is something called time out policy which are not applied in clinics but in surgeries and mean that before you operate you should ask and check if the details you have are for the patient you are working on.

Slide 79 same

Note: when placing a crown you don’t use a rubber dam what you do to protect the air ways is place some gauze.

Slide 80 same

Slide 82 same

Note: cheating is also a violation.

Cases of gross misconduct are viewed very seriously and could lead to exclusion from College, either for a set period or permanently. In extreme cases exclusion can take effect immediately.

Note: gloves that are contaminated with blood should go to the yellow bag, teeth are also contaminated tissue so the go there too or to the sharps container.

The teeth that you extract and want to keep or give to students should be kept in hypochlorite or formalin to protect it.

Slide 83 same

Note: if you are a plagiaristic you will not get any recommendation by anybody in addition you won’t get accepted for (could hear the word).

In case you want to take others words give them credits and but their words into quotation marks.

 Slide 86 to know how to open a clinic you should be familiar with these polices.