



Proper ergonomics means more than *just sitting up straight.*



## Ergonomics in Dentistry



In dentistry, your work-space often becomes restricted for extended periods of time. Working under these limits can create long-term dysfunction for your body. How can you combat this?

Don't spend another day of discomfort in your working environment. Join Katrina Klein, RDH, CPT, CEAS, for a continuing education class unlike anything you've seen before. You will learn how to protect your physical health through safer procedures and proper ergonomics. Register your team today.

This course is a great opportunity for your entire team!

To register, contact Katrina at [ErgoFitLife@gmail.com](mailto:ErgoFitLife@gmail.com).

### Course overview:

- What is ergonomics?
- Solutions for a correct workspace
- Practicing comfortably & safely
- Risk factors
- Proper stretching
- Posture strengthening



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2 hours of CE will be provided.