ABSTRACT

The term of ‘ergonomics’ shortly means ‘work laws’ and it is a discipline that, trying ‘to fit the job to the worker, not the worker to the job’. In dentistry, ergonomics provides to dentists and dental personnel doing well performances by keeping their own health and physical conditions.

‘Musculoskeletal Disorders (MSD)’ is the largest category of the injuries that occurred as a result of non-ergonomic practices. Its prevalence varies between 62-93% among dentists. There is a wide variety of MSD in the literature, but the most frequent are ‘Carpal Tunnel Syndrome’ and ‘Low Back Pain’.