

## **Ergonomic aspects of dental practice**

Ergonomics as a multidisciplinary science dealing with the relationship between the human and the working environment to ensure the health and achieve optimum performance in the process. Knowledge of and adherence to the principles of ergonomics is an effective preventive measures of musculoskeletal diseases that threaten the dentists at work. The aim of this work was evaluated by questionnaire survey working conditions, environment and habits of Czech dentists before 1989 and now, determine the prevalence of musculoskeletal disorders among dentists and analyze the factors that may affect the disorders. The survey showed that dentists are all aware of the principles of ergonomic work, working in good conditions with tools that enable ergonomic way of working. Most dentists work in dental chair sits, but in the wrong position beside the head of the patient being treated while seated. Most doctors working with only one break for lunch daily and treats excessive number of patients. The results show that the lack of synthesis and use of the technical possibilities of theoretical knowledge with practical implementation and compliance with the principles of ergonomic work. For doctors who worked before 1989, there was a significant improvement in working conditions and facilities, but still almost 80 % of dentists changed inappropriate work habits. Percentage occurrence of musculoskeletal disorders where we expect the performance impact of occupation was relatively high 66.3 %. Were the most frequently reported problems in the cervical and lumbar region of the spine. Statistically significant correlations of difficulties with the assumption connection with occupational have been found in following factors: gender, age, operation of private practice, disease or injury musculoskeletal system in the past, working time longer than 40 hours in a week, the perception of the work as mentally challenging, and subjective assessment of the overall health. Despite the high rate of musculoskeletal disorders, assessed 68 % of dentists their health as good or very good. Musculoskeletal disorders among dentists are not only a health problem but also a social and economic and therefore, this issue remains closely involved, identify the causes and focus on appropriate preventive measures. It is important the teaching and application of ergonomic principles in practice took place already initial years of the undergraduate study and continue in postgraduate education.