Ergonomic evaluation of work environment of male dentists in Urmia city by REBA method and its relationship with pain and musculoskeletal disorders

Poster Presentation

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Abstract
Introduction: In this descriptive-analytical study, the working status of 26 dentists in Urmia in 1400 was evaluated by the REBA method checklist.
Methods: Data analysis was performed using Spss version 26 and Pearson statistical test, and P <0.05 was considered as a significant level.
Results: The results showed that the highest prevalence of pain was in the neck area (85.2%), respectively. Percent), waist (70.4%), wrists (63%), shoulders (44.4%), back and knees (29.6%), and finally elbows (22.2%), and the most Abnormalities were present in the research samples related to the frontal lobe (88.9%), scoliosis (74.1%), kyphosis (66.7%), neck tilt and shoulder prolapse (59.3%), lordosis (respectively). 40.7%) is pelvic tilt (22.2%) and the least abnormality is related to trunk deviation with (18.5%). Also, the REBA method showed that (57.69%) is equivalent to 15 subjects with a score of 10. Up to 8 are at a high-risk level. Finally, (7.69%) 2 people obtained a score of 4 to 7 moderate risk levels. On the other hand, the highest correlation between scoliosis and REBA is the lowest correlation between pelvic tilt and usury.
Conclusion: As a result of teaching how to adopt correct posture while working, the correct way to work with different dental devices, adjust the height and position of the patient's bed according to the position of the dentist, use standard ergonomic chairs to support the spine while working, prevent inappropriate and repetitive movements, especially in the neck, spine and shoulders, the use assistive devices for easier access to the tools used while working and allocate the rest time between each patient is recommended.

Keywords
Ergonomics; REBA method; Musculoskeletal abnormalities; Musculoskeletal pain; Dentistry

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