

**University of the Pacific Arthur A. Dugoni School of Dentistry  
123<sup>rd</sup> Annual Alumni Meeting – 2022 Alumni Weekend  
The Fairmont Hotel, San Francisco**

**Katrina Klein, RDH, CPT**

Saturday, March 5, 2022

11:00 am – 1:00 pm – 2 units

**Subject Area:** Ergonomics

**Title:**

“Ergonomics in Dentistry”

**Course Description:**

Anyone who has battled a tongue, cheek or lip understands how laborious the work of dental professionals can be. Learn how to protect your physical health using ergonomic equipment, chairside strategies and fitness. Dive into the causes and cures of dental professional body aches and pains that can be used in today's dentistry.

**Objectives:**

- 1) Learn risk factors for work related pain, discomfort and possible disability.
- 2) Learn solutions for a correct workspace. Learn how to practice comfortably and safely.
- 3) Learn posture strengthening for dental professionals. Learn proper stretching for dental professionals.

**Short Bio:**

For Katrina Klein, ergonomics is everything. She is a full time practicing registered dental hygienist of 14 years and counting. She knows firsthand the struggle of working in a stationary, inflexible environment. Katrina has dedicated herself to helping others prevent injury in the workplace, free themselves from physical discomfort in their dental career, and to retire without disability. She uses her Ergonomics Assessment Specialist Certification, to instruct individual clinicians and small or large groups, she passionately helps others to work smarter, not harder. She has been published in DentalTown magazine, and has more articles on the way! As a competitive bodybuilder and Certified Personal Trainer, Katrina has attained a unique understanding of the biomechanics behind clinical ergonomics and how to correctly marry the job to the needs of the body.

<https://ergofitlife.com>