



Works in dental laboratories



Contact with unclean and not disinfected dental impressions and tooth borne prosthesis increase the risk of infection.

Every dental work piece and tooth imprint shall be disinfected effectively before processing.

Follow the contact time specified for disinfection.

Change the disinfection following the manufacturer's instructions.

Observe the indication of the hygiene schedule for all cleaning and disinfection works.

The Hand/hand spraying method is not appropriate for disinfection of microbial contaminated dental impressions.

Pregnant workers are not allowed to work in a disinfection workplace.



Works with disinfectants may cause skin injuries.

Use forceps or tweezers for holding the work piece.

If skin contact cannot be avoided, wear protective gloves.

Approved disinfectants for protective gloves are indicated on the safety data sheet.

Hazardous substances may harm and affect health in various ways.

Just store the quantity in the workplace that you will use in one shift.

Avoid skin contact with hazardous materials.

Use extraction systems/extractor units in the workplace.

Use the personal protective equipment provided.

It is not allowed to eat, drink, smoke or store food in the workplace.

Follow the operating instructions.

Use the break areas for your breaks.



Intensive and extended working in humid environments, e.g. frequent mixing of plaster can damage the skin. Some products contain substances that can have a sensitizing effect.

Follow the dosage instruction and keep the work area clean.

Use the available extraction systems in the workplace.

Use protective gloves if required.

Use the safety measures provided by occupational medical care if you perform wet tasks for more than 2 hours.

Wet works for more than 4 hours per shift obligatory require preventive occupational measures.





Milling and grinding works produce shavings and small particles that can lead to eye injuries.

Always use the viewing guard or blind gaskets provided.

Works should be performed close to the extraction system.

If necessary wear safety goggles.



Dust generated by plaster, plastics and alloys/alloys may harm the respiratory tract, may cause skin irritations and have sensitizing effects.

Always use the extractor units provided.

Perform tasks close to the extractor unit.



Clean the work area from dusts by sucking up dusts.

Any deficiency on the extractor unit has to be reported to the supervisor.

Mechanical Processes like mechanical separation, grinding and polishing of chrome-cobalt alloys or nickel bearing alloys generate dusts that could have a carcinogenic effect.

Pregnant women are not allowed to perform such works.

Always work with intact dust extractor unit.



Regularly visually check the proper function. Any damage should be reported to the supervisor.

Always use tested filters for recirculation of the filtered air into the work area, at least dust class M.



Follow the manufacturer's instructions for the disposal of the dusts.





Methacrylate irritates airways and skin and may have a sensitizing effect after skin contact. Acrylates often cause severe skin diseases.

Use the extractor units also for pouring works.

Pregnant women shall only perform methal methacrylate works when the exposure limit value is met. Measurements carried out by the BG ETEM show that in all work procedures the limit values are observed.

If possible avoid skin contact.

If required, wear nitrile safety gloves.

Use instruments for smoothing the surface.

Make use of the offered preventive occupational medical care.



Work within the range of the extractor unit.

Use long-sleeved clothing for grinding works of age-hardened acrylates.



Work activities, which release inhalable alveolar quartz and cristobalites are classified as carcinogenic. This applies to work activities like embedding, outbedding and blasting. These works may cause lung diseases and the development of silicosis that may lead to lung cancer.

Pregnant women are not allowed to conduct these work activities.

If possible, use low-dust substances.

If possible, use single dose-sachets.

Reduce the dust production by using the extractor unit.

Moisten work pieces before outbedding.

Use the provided extractor unit for outbedding works.

Check the sealings of the viewing guards and of the safety flaps of the blasting system.

Make use of the offered preventive occupational medical care.



Polishing works with unsintered zircon materials generate inhalable, alveolar dusts. At present it cannot entirely be ruled out that the dusts have a sensitizing effect.

Follow the manufacturer's instructions.

Always work with dust extraction units if you conduct dry-cutting works.

Clean the workplace regularly with dedusting units.





Acids are used for pickling work activities. These work activities may cause skin injuries.

Always use safe and undamaged devices for pickling. If possible carry out the works under an extraction hood.

Use the provided work aids (basket with lid) or tongs and tweezers, for placing and removing the work piece.

Wear protective gloves.

Approved materials for protective gloves are indicated in the safety data sheets.



Works with rotating tools can result in injuries.

Follow the manufacturer's instructions.

Wear close-fitting work clothes.

Do not work with long hair that is not tied back on these tools.

Due to technical defects or defaults, the preheating oven and the heating coils with parts under voltage can cause electric currents on the body.

Any equipment should be visually inspected before using. Periodic inspections should be carried out.

Report any equipment defects or damage, e.g. defective interior lining of the oven, to your supervisor.

Position switches with personal safety function eliminate the risk of heating coils under voltage.

Only use tested and safe devices.





Laser radiation may cause eye and skin injuries.

Work activities with laser equipment require special safety instructions and safety training.

Pay attention to the manufacturer's instructions.

Make sure that the viewing guard and opening cuffs/gaiters for gripping are not damaged.



Occupational health and safety also includes personal hygiene.

Use barrier cream before you start to work and after each break.

Clean the skin after working and before the break.

Skin care should be applied after work.

Pay attention to the company's skin protection scheme.

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Do you spend despite everything many hours in front of the computer? Prevent physical complaints. The virtual fitness trainer of the BG ETEM will help you.

The virtual fitness trainer can be installed as screensaver or you can download the training exercises as an executable file.

Publisher:

Berufsgenossenschaft
Energie Textil Elektro
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Download:

www.bgetem.de, (Webcode 12297241)

More Movement in the Office!

Some more exercises of the virtual fitness trainer



Start position: Sit on the front part of the sitting surface. Feet are spaced out at hip width and parallel. Straighten your upper body and incline the pelvis

forward. Arms are hanging loosely.

Lift the right shoulder to your right ear and inhale. Lower your right shoulder and exhale. Lift your left shoulder to your left ear and inhale. Lower your left shoulder and exhale. Repeat the exercise five times.





Start position:

Sit on the front part of the sitting surface. Feet are spaced out at hip width and parallel.

Straighten your upper body; the pelvis is inclined forward with arms hanging loosely.

Stretch your arms downward and lift your shoulders while keeping your back straight. Hold the position for five seconds. Lower your shoulders. Repeat the exercise five times.



Start position:

Stand up and place the feet spaced out at hip width and parallel. The arms hang loosely.

Stretch your right arm and lift it above your head while stretching the whole right body side. Let your arm fall down. Now stretch your left arm above your head and stretch the whole left side. Lower your arm. Repeat the exercise five times.

