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Post-Webinar Test Questions

1. Basic ergonomic principles can be applied to Special Care Dentistry and Mobile Dentistry even though we face unique challenges.
 - a. True
 - b. False
2. When treating a patient who is in bed, which of the following are options to improve your ergonomic situation if approved by facility, patient and caregivers:
 - a. If a bed is mobile, move the bed so you can access both sides.
 - b. Use sheets to help slide the patient closer to the edge so you don't have to reach as far.
 - c. Put your leg up on the bed to brace yourself and prevent leaning over.
 - d. Use a pillow or knee pads to kneel or sit by the bed to be closer to the patient.
 - e. All of the above
3. When treating a patient who is in a recliner, which of the following can help you improve your ergonomic situation?
 - a. Ask the patient to turn his or her head so you don't have to lean over as far.
 - b. Place a pillow behind the patient in order to move him or her closer to you.
 - c. Place a pillow behind your legs, under your knees, or both so you can "tall-sit" and be closer to the patient.
 - d. Take breaks.
 - e. All of the above
4. When it comes to ergonomics, shrugging your shoulders or "joining the turtle club" while working is a good thing because turtles are awesome.
 - a. True
 - b. False
5. When it comes to ergonomics, you should try to keep your elbow tight into your body and **avoid** the "chicken wing."
 - a. True
 - b. False
6. Is it the goal to have more or fewer muscles engaged?
 - a. More
 - b. Fewer
7. Is twisting good or bad for ergonomics?
 - a. Good
 - b. Bad
8. What muscles were NOT focused on during this course stretching exercise:
 - a. Upper trapezius
 - b. Levator scapulae
 - c. Pectoralis
 - d. Hamstring
 - e. Hip flexor
 - f. Piriformis
 - g. Masseter

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Please email your completed test to info@elevateoralcare.com for grading and recording.

An AGD Pace Completion Certificate, or corrections to the answers, are needed to obtain a passing score of 80%. This certificate will be emailed to your address above within three weeks for continuing education hour. Please call us at 877-866-9113 for any questions.