

Welcome to the new ADAA e-Learning Center. This Guide will help you navigate the new system. For Members, education and learning is now self-directed with 24/7 access to the Center. Follow the steps below to get started in making your first selection and navigating through a course/webinar.

Step 1: Browse topics from your homepage by category by clicking on any of the categories under Browse Topics:

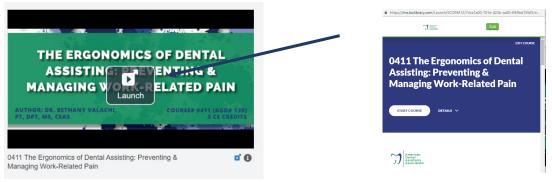
HOME .				Search Content	۹ 🖂 ۲	Test BizLibrary •
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Browse Topics	Highest Rated					View Al
ADAA Webinars (42)						
Treatment of Diseases and Conditions (34)	TRIPLE TRAY IMPRESSIONS	THE FUNDAMENTALS OF PAIN	HELPING THE SPECIAL NEEDS	UNDERSTANDING METH MOUTH	AN INTRODUCTION TO THE	BLOOD PRESSURE GUIDELINES
ADAA Air Force (29)	AND ASSOCIATED PROVISIONAL PROCEDURES: A TEAM APPROACH	CONTROL IN TODAY'S DENTAL PRACTICE: LOCAL ANESTHESIA	PATIENT MAINTAIN GOOD ORAL HEALTH	AND ORAL INTERVENTIONS	HERPES VIRUSES	AND SCREENING TECHNIQUES
Practice Management (17)	180 min	120 min	120 min	180 min	120 min	60 min
intraoral Functions (14)	1411 Triple Tray	1436 The Fundamentals of	1104 Helping the Special	1110 Understanding Meth	1018 An Introduction to the	1115 Blood Pressure
A Pharmacology (8)	Impressions and Associated Provisional P	Pain Control in Today's Dental P	Needs Patient Maintain Good Oral	Mouth and Oral Interventions	Herpes Viruses	Guidelines and Screening Techniques
Infection Control and Occupational Safety (7)	at a sector	at a sector	at earlier	at a sector	at a sector	at exercise
Radiology (7)	eLearning	eLearning	eLearning	eLearning	eLearning	eLearning
Hazardous Materials in the Dental Setting (4)						
View All						

Step 2: **Select your course**. In the example below the ADAA Webinar topic was selected. The 42 recordings populate the screen. Click on the course/recording you'd like to start.

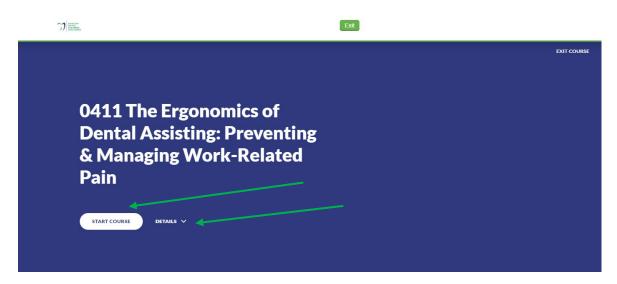
earch within results Q			Export Results as CSV		Sort: 17 Release Dat	e 👻 View: 👪 Grid
Format Duration Languages	60 min	60 min	Software Technologies in the Dental Office Server Rev. CBA ISBA Dental Analogic Revue Case With Stranger Color Software Rev. CBA ISBA Server	Bibliotic Called Fields Definition	Site Drough Researching Sites Through Researching Sites Sites (Advanced Sites) Sites Sit	Community Daniel Haalth Coordinators Bridging the QAP Community Control Control Community Control Control Control Control Control Control Control
Library Producer	W018 HIPAA Privacy and Security Act for Dental Professionals	W017 In-Office and Mail Order Sterilization Monitoring Procedures	W035 Uses of New Technologies in the Dental Office	W021 Infection Control Palooza	W016 Resist Tooth Decay: Healthy Smiles Through Remineralization	W026 Community Dental Health Coordinators: Bridgi the Gap
Technology	The Use of Oral Devices for the Management of Skep Apres 60 min	Anticology Control – Maintening and Monitoring Dental Unit Waterlines Presence by: Angle Michig	Control Needs Patients in a Dorato Patient Section View of Patients Manual Association	Management of the "Difficult functioner in the Dental Office" Environment by New Homey Definition of the Conflict of the Conflict Conflict of the Conflict of the Conflict of the Conflict Conflict of the Conflict of the Con	Alignment	The Use of Prophylactic Antibiotics Prior Dental Procedures and Neurosci Munch (MS 50) Chind Antibiotics Priority (MS 50)
	W030 The Use of Oral Devices for the Management of Sleep	W029 Infection Control: Maintaining and Monitoring	W038 Special Needs Patients	W027 Management of the	W040 HIPAA in the Age of COVID-19	W033 The Use of Prophylac Antibiotics Prior to Dental

Step 3: Click Launch

Step 3A. Course Opens in a new Window; Maximize View to Full Screen



Step 4: Review Couse Details; Click Start Course



Step 5: Note on the left under the title - % Complete; Note at the bottom of the page, a Down arrow to continue to next section of the course. To go back a screen, scroll up until you view the Up arrow.

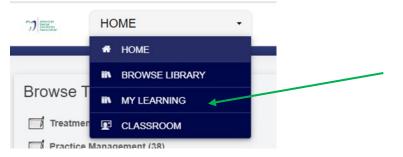
Upon completion of this course, the dental professional should be able to:
 Describe how ergonomic principles apply to dental assisting.
 State the primary Cumulative Trauma Disorder (CTD) to which dental assistants are susceptible and explain how this CTD occurs in dental assisting.
 Recognize the warning signs of developing CTDs.
 Describe neutral posture of the spine, shoulder and wrist.
• Describe proper positioning of the assistant in relation to the patient and doctor.
• Demonstrate proper use and placement of the torso support bar.
 Identify important features of assisting stools and how to properly adjust them.
 Describe proper positioning of the patient in the chair using flat and double articulating headrests.
 Explain proper and improper placement of delivery systems and instrument trays and how these can affect the assistant's musculoskeletal health.
 Identify 3 strategies to self-treat myofascial tightness and prevent pain.
 List four important muscle groups to strengthen to stabilize the trunk and prevent back pain.
Lesson 4 - GLOSSARY

Step 6: Download any related course documents to your device. Most courses also have a Reference & Resources section at the end of the course. Download any related course documents you'd like to save to your device.

0411 The Ergonomics of Dental Assisting: Preventing & Managing Work-Related Pain	Eesson 4 of 27	SARY
		11 glossary.pdf 2 KB ⊥
DISCLAIMERS/ABOUT THE AUTHOR		
= glossary		

LEAVE THE COURSE AT ANY TIME. TO RESUME WHERE YOU LEFT OFF...

- 1. Log into the ADAA e-Learning Center
- 2. From the HOME drop-down, click on MY LEARNING

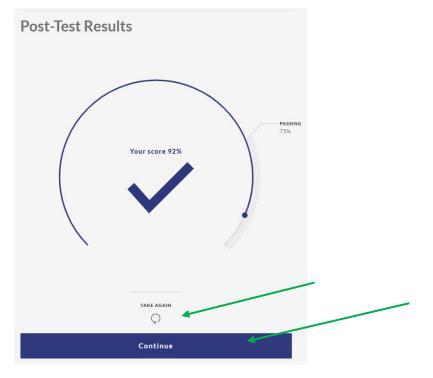


3. Click on the Course Title to resume; then click Launch. The system will take you to the last content reviewed.

MY LEARNING *				Search	Content
	Recent Activity Playlists				
	View: All				
	Title ¢	Duration \$	Status \$	Due Date 🜲	Last Activity \$
	0411 The Ergonomics of Dental Assisting. Preventing & Managing Work-Related Pain	60 min	0	-	07/20/2022

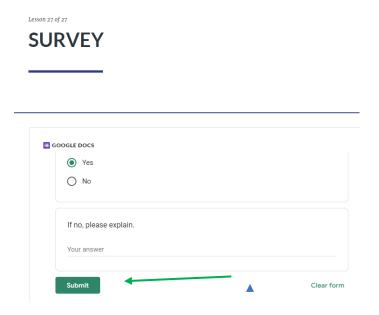
Step 6: POST-TEST

- 1. Complete the post-test a successful score is 75%
 - If you do not have a passing score, click Take Again
 - If you have a passing score, click Continue



Step 7. COURSE EVALUATION

• A completed course evaluation is required to access your certificate and have the course marked as complete in the e-Learning Center. Click Submit at the end of the survey.



Once Submitted you will see the message below.



1. Exit the course (top of the page or top right)

	Exit	
0411 The Ergonomics of		EXIT COURSE

2. Click on the yellow icon to the right of the course title. If you do not see the white check in the blue circle, the course is not marked as Complete – relaunch the course to complete.

THE ERGONOMIC	S OF DENTAL
ASSISTING: PRE	VENTING &
MANAGING WORK- Launch	RELATED PAIN
AUTHOR: DR. BETHANY VALACHI, PT, DPT, MS, CEAS	COURSE# 0411 (AGD# 130) 3 CE CREDITS
0411 The Ergonomics of Dental Assisting: Pr Managing Work-Related Pain	eventing & 🖬 🔽 🕄 🕑

3. Your certificate will download as a PDF; save and/or print. *Congratulations*. You're competed your 1st course in the new Center. On the next Friday, ADAA staff will download your earned CE to your member record; it will be viewable in your Member Dashboard.

