A great deal of innovative technology has been integrated into the modern dental office during the last several decades. However, no product can increase productivity and reduce stress and strain on the dental team as much as using the singular concept of four-handed dentistry. The research of the 1950s is undaunted in its impact on productivity. Combined with the practice of ergonomics in the workplace, this concept must be revisited by the dental profession. The young dentists of the 21st century have had minimal exposure to true four-handed dentistry. [5]

In our days, the dental assistant fulfills a dual function: secretarial and dental office management plus the technical and material assistance during interventions. Their presence is primordial insofar as she helps reduce the dentist mental and physical workload therefore providing a more appropriate work environment with minimal stress and disorder. The assistant autonomously performs many tasks:

- Reception of the patient upon arrival at the office.
- Chair assistance: preparation of filling and impression materials, preparation of instruments for the dentist. She also realizes the x-rays, which she then archives correctly.
- Maintenance of instruments and devices: cleaning, disinfection, sterilization.
- Administration of the firm: establishment fees invoices, accounting of the patient payment, keeping the agenda of appointments, the control and management of stocks including the orders, convocation of the patients for the controls, telephone reception, correspondence, etc. Due to these reasons, we cannot give up the assistants help for better working condition and self- (mental and physical)-care.

Last but not least, hygiene and safety in the workplace are not to be disregarded. Dental surgeons and dental assistants are exposed many kinds of risks: chemical, infectious, physical and radiological ones related to the dental care they provide to their patients. They handle irritating and allergenic agents, disinfectants, electrical installation in compliance with the safety standards is essential.

- Single-use instruments must be used only once and then disposed of.
- Use appropriate collection containers for the disposal of care materials that have been in contact with the patient (cotton, compresses, probes, syringes, etc.).
- Do not eat or drink at the workstation.

To sum up, we should be conscious of all details that may threaten our health and hygiene by being aware of the significance of working position and stretching recommendations, considering that our daily work is almost entirely based on physical practice. In addition, it is essential to take into account hygiene, safety and equipment details to avoid risks of work accident, health damages and discomfort. Finally, it would be the icing on the cake to finish by emphasizing the primordiality of the dental assistant help, who facilitates any practice and ensures a well-organized working environment under the rules of art and self-care.

References
2. An introduction to ergonomics: risk factors, MSDs, approaches and interventions, A report of the Ergonomics and Disability Support Advisory Committee (EDSAC) to Council on Dental Practice (CDP. ADA.org. 2004