



# MEDICAL DENTAL HYGIENIST

As a Dental Hygienist in the Royal Navy, you'll be a vital member of the team, just as you would be in any well-equipped civilian dental practice. The difference is that you'll be seeing your patients in a shore establishment anywhere in the UK or overseas, on an aircraft carrier or assault ship, or even in a portable dental unit that's travelled with you to a frigate or destroyer. You'll be responsible for the smooth running, restocking and hygiene of your own surgery and have control over your own diary. Although this is mainly a clinical role, there'll be an educational angle to your work, too. You could give advice on oral hygiene, diet and nutrition to everyone from new recruits to the families and children of fellow Royal Navy personnel. You may also train as a smoking-cessation adviser, running clinics both on shore and at sea.

## What we're looking for

You'll need excellent technical and clinical skills and a bright, caring outlook. Our emphasis is on maintaining the highest standards of dental care and in managing patients, so you'll need to work as part of the dental team and communicate effectively with patients and colleagues.

## Basic training

Your Royal Navy career begins with nine weeks' basic training at HMS Raleigh. It sounds like a ship, but in fact it's a shore base near Plymouth. The discipline, teamwork, organisational, firefighting and weapon-handling skills you'll learn here will stay with you right through your Royal Navy career.

Aim to get yourself as fit as you can before you arrive. You'll be doing a lot of physical exercise, and you'll find it much easier if you're already in good shape. There's also a swimming test, so if you can't swim, make sure you've learned by the time you join us. You can find out more about HMS Raleigh at [royalnavy.mod.uk/careers](http://royalnavy.mod.uk/careers)

## Professional training

After your basic training, you'll spend a week in a base port dental centre learning about the administrative side of Royal Navy dentistry, including how to use our electronic documents and other specialist software. Depending on how long you've been qualified, you may go on to the Defence Dental Services training establishment in Aldershot. Here, you'll develop the wider range of skills you'll need, including giving local anaesthetics, placing temporary dressings, taking impressions and replacing temporary crowns.

As part of your continuing professional development throughout your time in the Royal Navy, you'll have opportunities to go to courses run by the Royal Navy as well as other organisations.

## Pay and conditions

Royal Navy pay compares well with similar civilian jobs. As well as basic pay, you'll get extra money for special skills, when you're promoted and when you're away at sea. We also offer an excellent pension scheme, six weeks' paid holiday a year and free medical and dental care.

## DO I QUALIFY?

### DENTAL HYGIENIST

<b>Age:</b>	18 to 36.
<b>Nationality:</b>	British, Irish, Commonwealth or British dual citizenship.
<b>Qualifications:</b>	You'll need to be registered as a dental hygienist with the General Dental Council.
<b>Sex:</b>	This job is open to both men and women.
<b>Starting salary:</b>	For current information, visit <a href="http://royalnavy.mod.uk/careers">royalnavy.mod.uk/careers</a>

## HOW TO APPLY

### GET IN TOUCH

1. Go to [royalnavy.mod.uk/careers](http://royalnavy.mod.uk/careers) or call 08456 07 55 55.

### WHAT HAPPENS NEXT

2. Go to an initial careers presentation.
3. Have an informal discussion with a Careers Adviser.
4. Take the recruit test.
5. Discuss your job options with a Careers Adviser.
6. Pass the medical, eye and pre-joining fitness tests.
7. Join the Royal Navy.

You'll generally join us on a full career, which is 18 years or to age 40, whichever is later. You may have the opportunity to serve beyond this, depending on what you want and the needs of the Royal Navy. If you want to leave, you can send us your request one year before completing your specified return of service. How long this return of service is, will depend on the branch you join. You will need to give 12 months' notice.

## Promotion

You'll start your career as an Able Rate but quickly be promoted to Acting Leading Hand once you have finished your basic training. After that, you may go on to become a Petty Officer, Chief Petty Officer, then a Warrant Officer. If you show the right commitment, skills and academic ability, you may also have the chance to become a Commissioned Officer. You'll be chosen for promotion on merit, so if you work hard, you can quickly rise through the ranks.

## Skills for life

Training will be a constant feature of your time with us. We'll help you gain academic qualifications like GCSEs and A-levels, and even a degree. You can also work towards NVQs and other vocational awards. As well as helping you develop your Royal Navy career, everything you achieve will be recognised and valued by a future civilian employer.

## Sport and recreation

We can offer you a fantastic range of sports and other activities. All our ships and shore bases have superb sports and fitness facilities and we play a huge number of team and individual games. You'll also have the chance to go on adventurous training, which could be anything from a jungle expedition to mountaineering and caving to parachuting.

