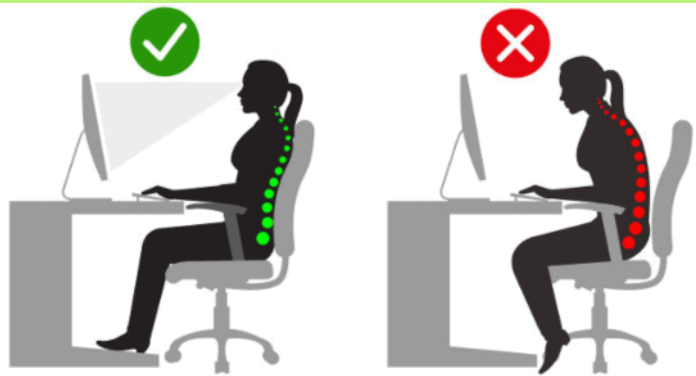




Safety Talk

Driving and Ergonomics



NOT THE SAME AS SITTING IN A CHAIR

Operating a motor vehicle requires different seated postures than working at a desk. Hands and arms are higher, legs are extended to operate pedals, the body experiences vibrations and inertia.

DRIVING CAN CAUSE DISCOMFORT

Low back pain and discomfort are the most common symptoms. Other symptoms may include foot cramps, stiff neck, sore shoulders. Attributing factors are poor posture, stress, tension, static postures, low frequency vibrations and reduced blood flow.



HOW TO IMPROVE DRIVING COMFORT

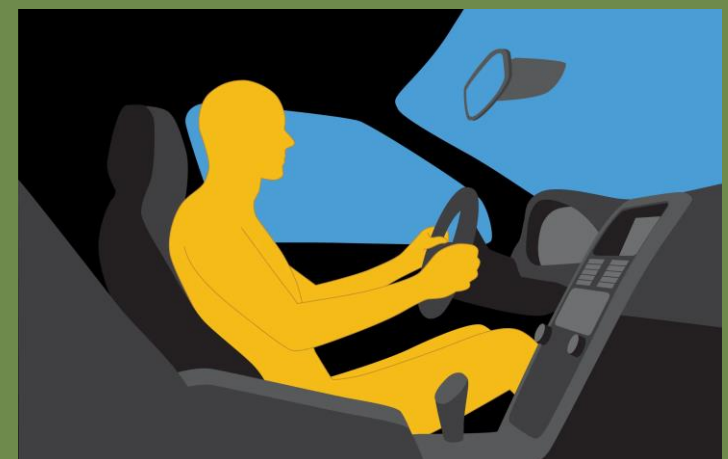
Look for interior design features designed to improve posture and thermal comfort. Ensure there is sufficient leg room for the pedals and that the steering wheel does not interfere with leg movement. Adjustable features can accommodate drivers of different heights and shapes.



WHAT TO LOOK FOR IN A VEHICLE

Adjustable features like:

Seat height from the floor, seat pan angle, seat back angle, seat distance from the pedals, adjustable lumbar support, steering wheel height, steering wheel distance should be about 10-12 inches from the chest bone.



OTHER THINGS TO CONSIDER

Press the pedals with your whole foot, not just your toes. Avoid fully extending your elbows to reach the steering wheel. Avoid propping your arm up on the window ledge. Ensure you take micro breaks and adjust your seat frequently!



DATE:

FACILITY:

SAFETY TALK LEAD BY:

DEPARTMENT:

DISCUSSION QUESTIONS:

What are some symptoms of poor driving posture?

How can you improve driving comfort in your vehicle?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at:
<https://src.healthpei.ca/safety-talks>