

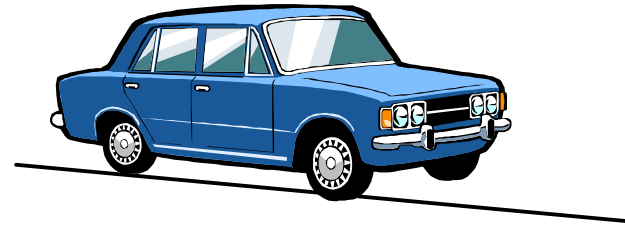
ERGONOMIC TIPS FOR DRIVERS

POSTURE

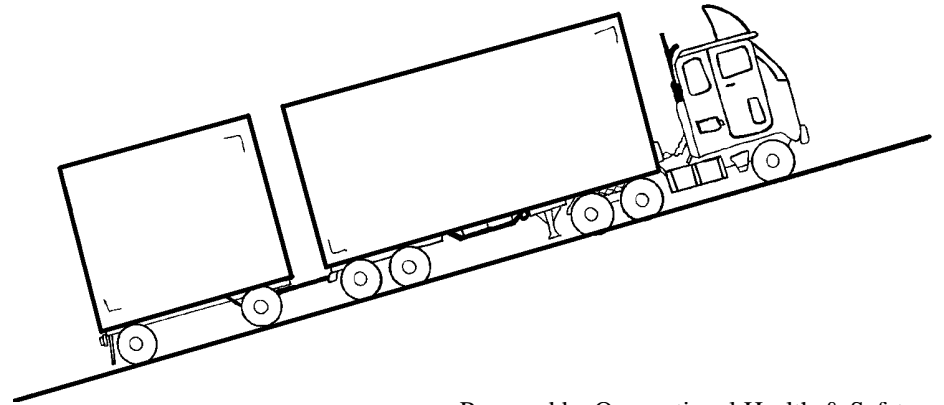
1. Know vehicle adjustment controls and adjust them before you drive. Move the seat forward or backward so that knees are slightly higher than hips to avoid pressure points and improve leg circulation.
2. Adjust the angle and position of the seat, back support and head rest. Maintain neutral posture by keeping the upper body upright when you look straight ahead. The headrest should not push your head forward.
3. Check the position of your seat in relation to the steering wheel. Reaching for the steering wheel when the seat is too far back will cause shoulder, neck and upper arm strain. Adjust the steering wheel for your comfort.
4. Ensure the seat is in good condition for firm support. Use the back of the seat to support the lower back when driving. If the seat does not support the lumbar spine, use a back support, small pillow, towel or rolled sweater.
5. Remove wallet from hip pocket to avoid pressure on nerves in legs.
6. Support your arms on arm rests on long trips. Keep elbows close to your body to reduce muscle strain.
7. Change posture frequently to increase circulation and prevent fatigue

OTHER

1. Get in and out of the vehicle safely. For balance and stability, maintain contact with one hand and two feet, or two hands and one foot at all times.
2. Always use your seatbelt.
3. Have your vision checked regularly. Eyesight changes as we get older.
4. Reduce stress while driving. Heavy traffic, traffic delays, and driving for long periods increase stress and physical fatigue.
5. Take rest pauses and stretch breaks before feeling fatigued; at least every two hours.
6. Stretch and warm up before lifting, carrying, or doing manual work.



ERGONOMICS FOR DRIVERS

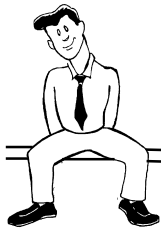
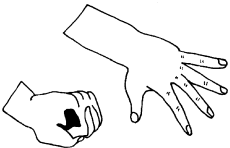

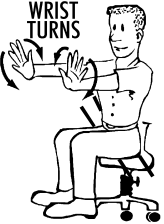




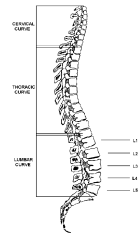
Prepared by Occupational Health & Safety

Telephone (780) 408-8413



STRETCHING EXERCISES (to do before driving or during breaks)

<p>Neck and Shoulder Stretch</p> <p>Tuck chin in. Move left ear to left shoulder while pulling the right arm down and behind back with your left hand. Repeat on other side.</p>		<p>Finger Flex and Stretch</p> <p>Make a fist and squeeze. Hold 10 seconds. Spread fingers and stretch out. Hold for 10 seconds. Do this exercise three times on both hands.</p>	
<p>Shoulder Shrug</p> <p>Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension 3-5 seconds, then relax your shoulders downward into their normal position. Do this 2-3 times.</p>		<p>Wrist Rotation</p> <p>Rotate wrist in both directions. Repeat on other hand. Do complete exercise two more times on both hands.</p>	<p>WRIST TURNS</p> 
<p>Middle/Upper Back Stretch</p> <p>Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 5 seconds. Repeat on left arm</p>	<p>MIDDLE UPPER BACK STRETCH</p> 	<p>Ankle Turn</p> <p>Sit forward. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Rotate ankle in both directions. Repeat with the other leg.</p>	<p>ANKLE TURNS</p> 

<p>For additional exercises including those for the back contact Personnel Administration Office, Occupational Health & Safety at 408-8413.</p>	
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