



INJURY PREVENTION

Quick Review of Safety

Vehicle Ergonomics

BEFORE DRIVING

- Routinely clean your windshield inside and outside to ensure a clear view.
- Remove items from pockets or shift them to front pockets to minimize contact stress as items press into the body.
- Position items used during the drive close to you to minimize reaching.
- Buckle up and ensure the seat belt is comfortable, secure and in good condition.

SEAT ADJUSTMENTS

- Raise the seat as high as possible to improve visibility but maintain head room and ensure your feet reach the pedals easily.
- Adjust the back tilt to support your back fully. Try setting the seat back at an angle between 100 and 110 degrees.
- Adjust the seat pan or cushion depth to bring the tailbone as far back into the seat as possible.
- You should be able to place two to three fingers between the back of the knee and the front of the seat. If this is not possible, consider adding a pillow or back cushion to move yourself forward while still providing support for the lower back.
- The seat pan tilt should fully support your thighs and upper legs; avoid keeping the chair so low you're your knees are elevated above the hips.
- After raising the seat, readjust mirrors as necessary to minimize blind spots. You should only need to turn your head rather than twist or lean to view the mirrors easily.
- Adjust the head rest to bring the top of it level with the top of your head.
- Adjust steering wheel for height or tilt so the center is between 10-12 inches from your breast bone, and your arms, wrists and shoulders are comfortable.

(Over)



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ENTERING/EXITING VEHICLES

- Always use hand holds or rails when entering or exiting vehicles if equipped.
- Maintain three points of contact.
- Avoid jumping out of vehicles.
- Be cautious when stepping on ice and snow, and keep your hands free.

WHILE DRIVING

- Although current best practice is to hold your hands at the seven and five position, shift hand postures on the steering wheel frequently while maintaining two hands on the wheel.
- Take frequent breaks, particularly on longer drives. Get up and walk around the car or do some stretching exercises to help improve circulation and activity of the muscles.

WORKING IN THE VEHICLE

If you must work in the vehicle:

- Do not work when it is in motion.
- Avoid working from the driver's seat as it offers the least amount of room.
- Avoid setting laptop or materials in an adjacent seat and working sideways. Keep your work close in front of you.
- Do not work more than 10-15 minutes at a time when working in a car.
- Use rear seats for longer tasks and more space.
- When using mobile phones, the car should be legally parked for more than one touch operations. When making calls, the phone should be in hands-free operation.
- Do not use your head or neck to hold a phone to your shoulder.
- Keep commonly used items or notes close to the body.
- Change positions and take frequent breaks.

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