

# ERGONOMIC TIPS FOR DRIVERS

## POSTURE

Know the vehicle adjustment controls and adjust them before you drive.

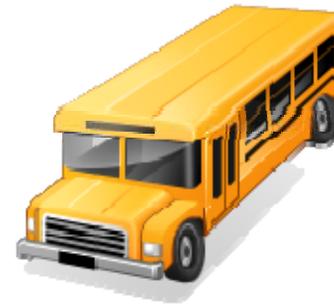
1. Move the seat forward or backward so your knees are slightly higher than your hips to avoid pressure points and to improve leg circulation.
2. Adjust the angle and position of the seat, back support and head rest. Maintain neutral posture by keeping the upper body upright when you look straight ahead. 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. Make sure 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 your wallet from your hip pocket to avoid pressure on the nerves in your legs.
6. Support your arms on arm rests on long trips. Keep your elbows close to your body to reduce muscle strain.
7. Change your posture frequently to increase circulation and prevent fatigue.

## OTHER

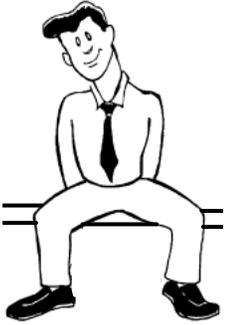
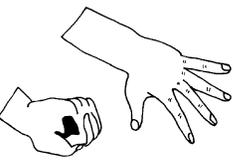
1. Get in and out of the vehicle safely. For balance and stability, maintain contact with one hand and two feet, or two hands and one foot at all times.
2. Always use your seatbelt.
3. Have your vision checked regularly. Eyesight changes as we get older.
4. Reduce stress while driving. Heavy traffic, 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



# STRETCHING EXERCISES

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