

High Mileage Drivers: Begin with the destination in mind

Posted in: Driver Ergonomics

- Before we start a job, most of us know to take a second to make sure we have all of the tools we need and have thought about the job ahead.
- Do you take the same time before you get out of your driveway?
- Whether it's a lifting task, or operating a vehicle, taking the time to put your back in 'neutral' is essential.
- Neutral posture happens when your hips are at the back of your seat, and your low back is supported comfortably.
- The combination of long commutes and road trips, coupled with poor low back posture and vibration from your vehicle can lead to more and more discomfort.
- The bottom line is that before you start any commute – start with your back in mind. It will thank you over the long haul. Here are the things you should consider before you hit the road:
 - o Ensure you have shifted your hips to the back of the seat (lean forward and shift your hips back).
 - o Check to make sure you have support in your low back, mid back and that your head can touch the headrest (consider buying a half or full lumbar roll if your seat doesn't provide lumbar support).
 - o Make sure that you don't feel pressure points from the seat (e.g. by your knees) on the back of your legs.
 - o Make sure you can keep your back supported with your feet flat on the floor and comfortably reaching the pedals.
 - o If you have to use your laptop in your vehicle, try sitting on the passenger side to improve your comfort and posture. Alternatively look for laptop stands or try an external keyboard (some even have built-in mousing devices).



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