

High Mileage Drivers: Rough roads!

Posted in: Driver Ergonomics

- If you have ever used a jackhammer or been hit playing a contact sport, you know that vibration and impacts take their toll on the body.
- When you think about driving for long periods or driving on rough terrain, it's important to realize that the side effects of driving can accumulate and cause serious physical problems.
- Here are some simple suggestions to consider if driving over rough terrain is part of your job:
 - 🌐 Check your tires daily to make sure that they are in good shape and sufficiently inflated.
 - 🌐 Regularly maintain your vehicle to make sure the shock absorption systems are in good shape.
 - 🌐 Check to see that your seat is in good shape, e.g. check that the foam or seat structure not broken down.
 - 🌐 Wear your seatbelt at all times.
 - 🌐 Keep your fingers and hands on the outside of the steering wheel in case it turns violently.
 - 🌐 When you are driving over rough terrain, slow down to minimize impact on the body.
 - 🌐 Consider, particularly if you have a say in at the time of purchasing, how the vehicle fits you (e.g. are the seats highly adjustable?) and how it responds to rough terrain?
- It's important to recognize that it's not only the number of kilometers but the harshness of the kilometers that gradually lead to the breakdown of our vehicles AND our bodies. Being proactive and maintaining our bodies and vehicles in top shape are crucial if we want to stay on the road for the long haul.



ERGORISK

This article was written by ErgoRisk