



# VEHICLE ERGONOMIC EDUCATION



## DRIVER SEAT SETUP - 8 STEPS

### 1. SEAT HEIGHT:

Raise the seat as high as is comfortable to improve your vision of the road

### 2. PEDALS:

Move the seat forwards until you can easily fully depress the clutch pedal and the accelerator pedal. Fine tune the seat height again if required

### 3. BACK SUPPORT:

Adjust the lumbar support to give even and comfortable pressure along the length of the backrest

### 4. HEAD RESTRAINT:

Adjust the head restraint to ensure the risk of injury is reduced in the event of a car accident

### 5. SEAT BASE:

Adjust base tilt angle so that the thighs are supported along the length of the cushion (avoid pressure behind the knee)

### 6. SEAT BACKREST:

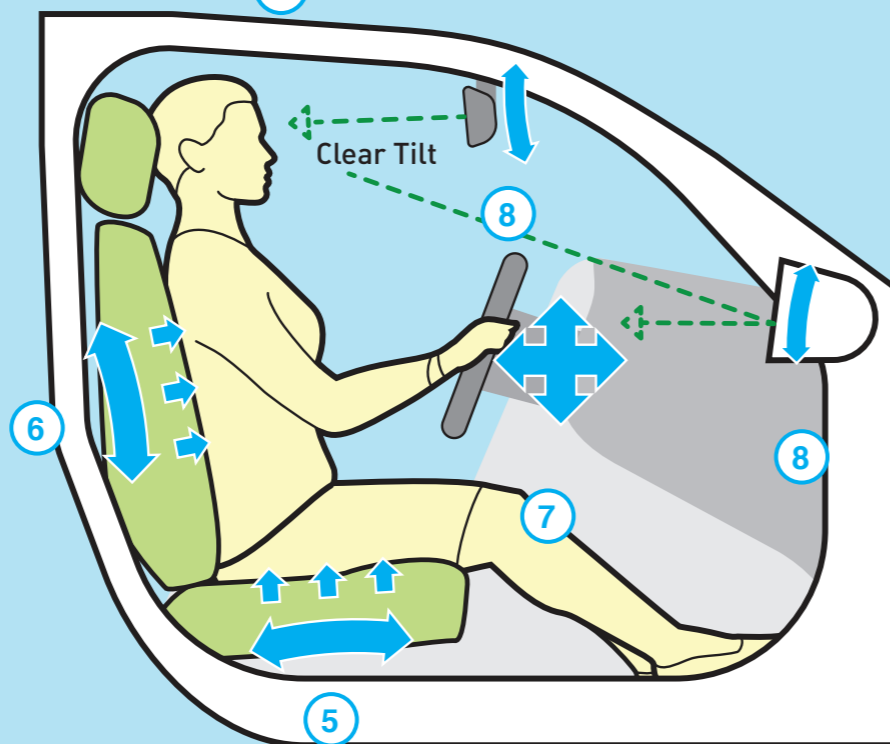
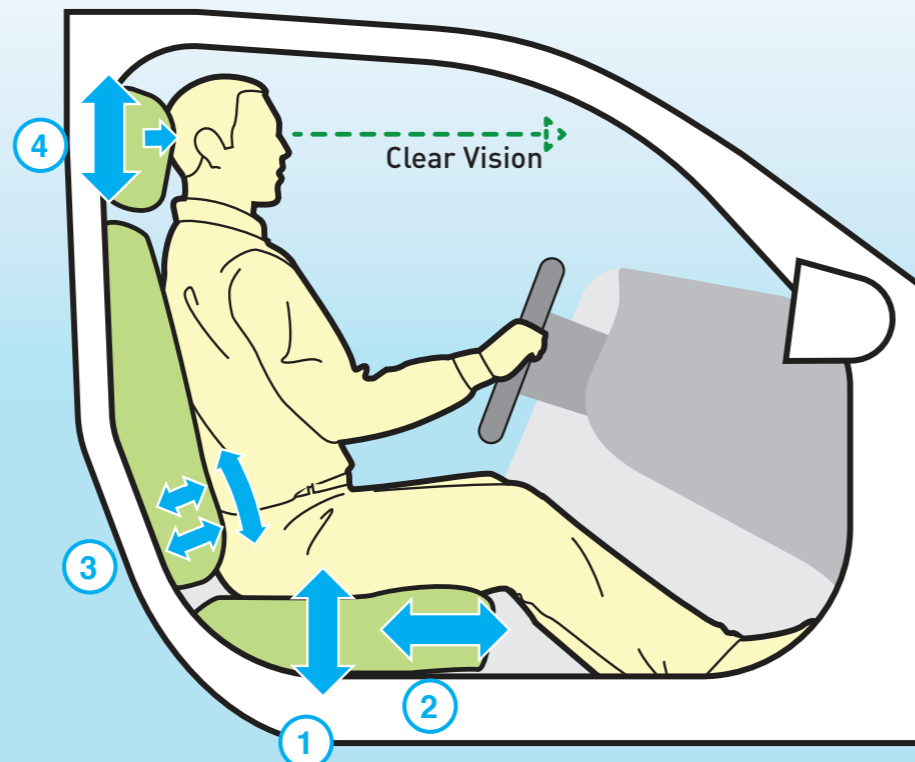
Adjust the backrest so it provides continuous support along the length of the back and is in contact up to shoulder height

### 7. STEERING WHEEL:

Adjust the steering wheel rearwards and downwards for easy reach (check for clearance with thighs and knees when using pedals and ensure display panel is in full view and not obstructed)

### 8. MIRRORS:

Adjust the rear view and side mirrors ensuring that they can be used without excessive straining of the neck or upper body



### REPEAT 1-8 AND FINE TUNE AS NECESSARY

NOTE: NOT ALL VEHICLES WILL HAVE ALL OF THESE ADJUSTABLE FEATURES. PLEASE ADJUST IN THE ORDER RECOMMENDED HERE FOR THOSE FEATURES THAT YOU HAVE IN YOUR VEHICLE.

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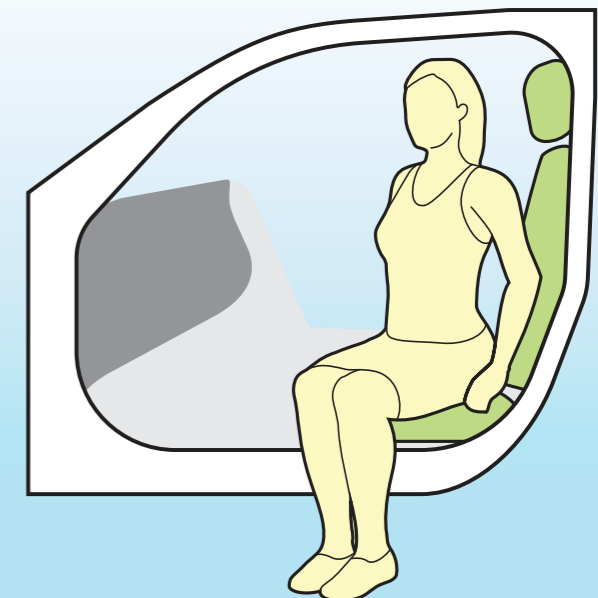
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## ENTERING AND EXITING THE VEHICLE

### STORAGE TIPS FOR BEST PRACTICE

- Be mindful of getting your body into an awkward posture when entering and exiting the vehicle. This includes awkward bending of your neck, spine or lower body.
- Some individuals find squatting down onto the seat and then slowly turning trying to move the legs and trunk at the same time helps with the ease of getting into the vehicle.
- When exiting, try to turn the legs and trunk at the same time to avoid twisting through the spine



## STORAGE SOLUTIONS

### STORAGE TIPS FOR BEST PRACTICE

- Store items in the boot
- Avoid rear seat or passenger seat



## TAKING BREAKS

### REST BREAK RECOMMENDATIONS

- Research is mostly focused on accident prevention
- Rest when tired
- Schedule breaks
- NIOSH advice for sedentary workers
  - rest 15 mins every 2 hours, QLD Transport
  - a break every 2 hours, NHVR
  - 2 x 15min breaks in an 8 hour driving shift

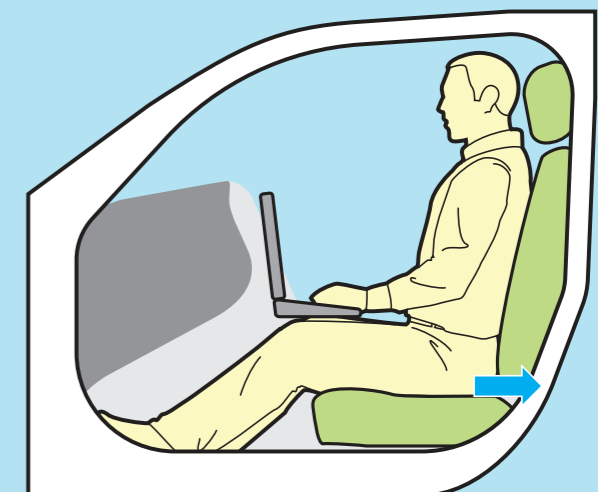
### PRACTICAL SOLUTIONS

- Schedule pre planned rest breaks
- Enable workers to decide when they take breaks (autonomy)
- Frequent short rest breaks rather than longer less frequent rest breaks
- Promote movement within the work day

## WORKING WITHIN A VEHICLE

### TIPS FOR BEST PRACTICE

- Where possible - try and get outside of the vehicle for work
- If required to work within the vehicle, go to the passenger seat and push the seat back as far as possible.



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