

**SAFETYFIRST**

INFORMATION DEDICATED TO DRIVER SAFETY

**AHEAD OF  
THE CURVE**

Safety Management  
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## Ergonomics for Professional Drivers

It is a known fact that driving a truck is one of the hardest jobs on the body. The tasks associated with driving a truck (sitting for long hours, lack of sleep, handling freight, and securing loads) can all take their toll on a driver's body. So what can a driver do to lessen the chances of injury and stay healthy?

- ✓ Change your seat position every 30 to 60 minutes. This avoids putting too much stress on any part of your body for an extended period of time.
- ✓ Vary the position of your hands on the steering wheel and don't squeeze the steering wheel any harder than necessary.
- ✓ When adjusting your seat, your knees should not be higher than your hips and the front of the seat should not contact the back of the knee.
- ✓ The back of the seat should be slightly reclined so that the angle between the back and legs is approximately 110 degrees.
- ✓ Your steering wheel should be positioned to keep your elbows as close to the sides as possible, minimizing your reach.
- ✓ Mirrors should be adjusted so they can be seen without slouching or twisting.
- ✓ After a period of prolonged sitting, it's best to give your back a few minutes to adjust before doing any lifting.
- ✓ Try and walk around the vehicle to "warm up" prior to pushing, pulling and/or lifting.
- ✓ Never twist and lift at the same time.
- ✓ Bend at your knees and not at your waist.
- ✓ Eat right and drink plenty of fluids.
- ✓ Exercise is important to stay in shape, so frequent stretching should become part of your daily routine.

Remember, it's up to you to take care of yourself for the long haul!