

Whole-body vibration and ergonomics toolkit

Phase 1

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The exact cause of back pain is often unclear but back pain is more common in jobs that involve certain tasks, one of which is driving. Driving exposes the vehicle's occupants to whole-body vibration and in some cases shocks and jolts, factors which are believed to increase the likelihood of injury or pain in the lower back. The report describes a whole-body vibration and ergonomics toolkit that has been developed for use in assessing driving occupations.

The objectives of this report are:

- to provide a guide on how to approach the control of back pain due to occupational exposure to whole-body vibration and ergonomic risk factors;
- to invite recommendations on how the toolkit detailed in the report can be improved for the vehicles and occupations of interest; and
- to provide a specification for future whole-body vibration data collection activities.

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EXECUTIVE SUMMARY

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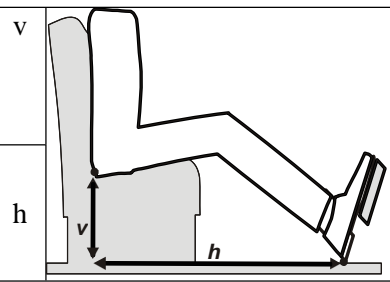
Table 1.

Vehicle Cab Anthropometric Assessment Proforma v.1

Date Location

Vehicle Type

Driver

Dimension (mm)	Min	Max	Fixed	User
				
Seat pan height at front				
Seat pan depth (front to back)				
Seat pan width				
Back rest height				
Back rest width				
Head rest height				
Top centre of seat back to top of steering wheel				
Seat pan to steering wheel (vertical)				
Top left of seat back to top of gear lever				
Top left of seat back to front of hand brake				

Officer (1) Signed

Officer (2) Signed

Note: Shaded areas of table will not normally need to be filled in, however for some cabs this data may be useful.

