

Whole Body Vibration

WBV occurs when the shaking motion of a vehicle is transferred to the operator through the feet, seat, or backrest.



Health Effects



Speech interference



Muscle fatigue and cramping



Disruption of balance and perception



Increased heart rate and blood pressure



Increased breathing rate



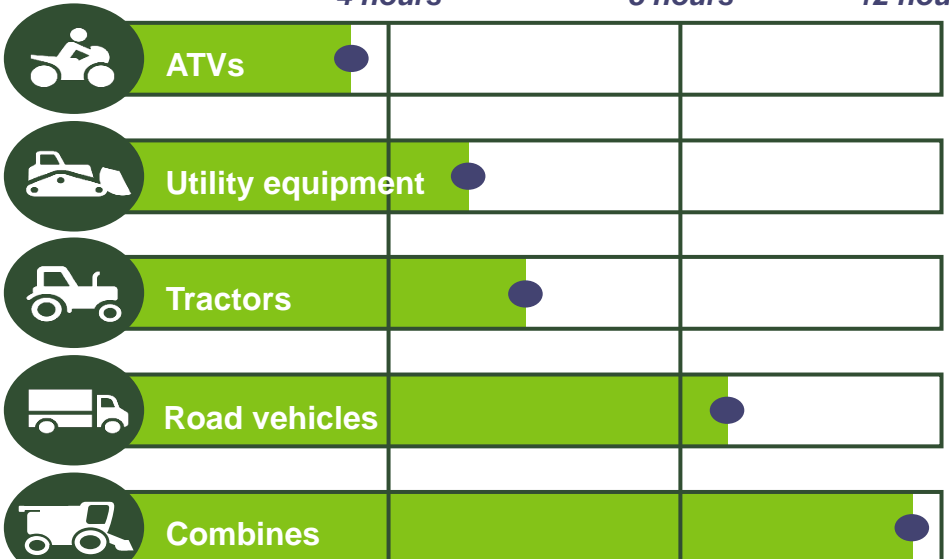
Low back pain and damage to the spine

Average Operation Time before Reaching Recommended Daily WBV Exposure Limits

4 hours

8 hours

12 hours



* Each vehicle used during the day contributes to overall WBV exposure

**Recommendations based on exposure limits from the European Union

Prevention Strategies



Maintain Equipment

Keep tires properly inflated

Maintain vehicle suspension system according to the manufacturer's specifications



Adjust the Seat

Adjust the seat suspension properly so the seat doesn't bottom out during use

Adjust the position of the seat to improve posture

Use a backrest with lumbar support



Be Aware of Terrain

Slow down when traveling across rough terrain

Maintain soft-surface roads/tracks

Alter your routes to avoid rough terrain if possible



Take Care of Your Back

Avoid long hours of continuous operation

Avoid twisting your back while operating vehicle

Minimize forward leaning posture when driving



Stop and Take Breaks

Take breaks periodically

Avoid lifting materials immediately after long periods of driving

