



for BUS Drivers



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Body Position Matters

Your body position, together with what you do, may contribute to an injury. The following are some of the risk factors bus drivers face and steps to take to avoid these injuries.

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Repeating work in the same way with the same body part:

- Using accelerator and brake pedals – adjust the seat to avoid overstretching. Use your whole foot- not just your toes
- Opening and closing manual doors – use body leverage (the weight of your body to assist with the motion instead of your shoulder and arm); change body positions frequently
- Setting and releasing emergency/air brakes --get close, and vary your grip. Use the palm of your hand to release the brake.
- Shifting the bus- get close to the gear shift, stretch your arm between shifting

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Working in an awkward position:

- Sitting at the steering wheel for long periods of time – use seat & steering wheel adjustments; change your body position often, get up when you can
- Outstretched arms holding steering wheel -- position seat to keep steering wheel close, foot pedals easily accessible, head straight and balanced over your spine, and elbows bent at a 90 degree angle
- Turning the bus- hands on top of the wheel (never under). Use the push/pull method when turning rather than the hand over hand to reduce rotator cuff strain
- Securing wheelchairs- get close to your work, keep within easy reach
- Opening and closing windows, emergency doors, roof hatches -- get close to your work; report maintenance problems to the mechanic or dispatch

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Putting concentrated pressure on your body:

- Avoid resting your wrists on the steering wheel
- Lighten up- avoid gripping the steering wheel tighter than necessary; vary where you hold the wheel
- Adjust the driver seat to prevent pressure against the back of your knees/legs
- A small pillow between your lower back and the seat may reduce strain to the back

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Keep Healthy!

- Change your body position frequently; get up whenever you can.
- Stand and do mild stretches whenever possible. Muscle groups to stretch; neck stretch, shoulder shrugs, back stretch, ankle and wrists stretches
- Be physically active. Aerobic exercises such as walking, swimming and biking can significantly increase the oxygen, water and nutrient supply to your back and discs.

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This next week, try to be more aware of your body position as you work, and see if you can help keep your body relaxed.