

LO

"Driven" to succeed

V

O

N

Sit in the driver's seat. Place your right foot on the **gas pedal** and your left foot on the foot rest. Make sure that your buttocks are against the backrest. Adjust the **seat height** (if possible) so that your thighs are parallel to the floor, and fully supported by the seat pan. Check that you can see a street light, and see over the hood, through the windshield. **Slide the seat** forward or back so you can fully depress the pedals without moving your back or buttocks away from the backrest. Adjust the **backrest angle** so that you are sitting upright (90-110 degrees at the hips), and your **head is balanced** over your shoulders. Adjust the height and depth of the **lumbar support** so that it fits your low back curve. If the backrest is not curved to support

your back, secure a towel or a lumbar roll to the back rest to add low back support. With your hands gripping the steering wheel at the

taylordergo.com

JANUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Physical Demands Analysis (PDA), January 7-8

FEBRUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Office Ergo, February 4

MARCH						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Ergo Ideas, March 26

APRIL						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Return To Work (RTW), April 15

MAY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

PDA, May 6-7
Ergo Design, May 12

JUNE						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Driver Ergo, June 9

JULY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SEPTEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

PDA, September 1-2

OCTOBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Ergo Design, October 21

NOVEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Lifting Tips Train-The-Trainer, November 18

DECEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Office Ergo, December 2

"8 and 4 o'clock" positions, adjust wheel position (height, tilt, forward/back) so that your shoulders are relaxed, and your elbows are at your sides. Adjust your mirrors last. Confirm. If you are seated well, your head should be balanced over your shoulders, your thighs should be fully supported by the seat pan, and your

hips should be at a 90-110 degree angle. Adjust the height of your seat belt **shoulder strap** so that it crosses your collarbone instead of your neck or upper arm. Adjust the **headrest** so that it is within 1 inch (2.5 cm) from the back of your head when you are seated, facing forward, with your head balanced over your shoulders. Take items out of your **back pocket**, so that you can sit with a symmetrical posture. Avoid leaning to one side to rest your arm on an **arm rest**. Take a **postural break** every 30 minutes. Change your back rest angle, or try some stretches when it is safe to do so.

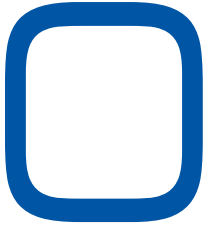




Driving
with



taylor'd
ergonomics
incorporated



taylordergo.com

519.623.7733

Setting the
standard for
ergonomics
excellence
since 1995.

Driver Assessments

Many drivers, including transit, fleet and delivery, have been reporting to their supervisors and health care providers with discomfort. To address this issue objectively:

- We first need a solid understanding of the demands of driving, and to do this, our ergonomists complete a **physical demands analysis (PDA)**. A PDA is a concise description of job demands, and includes a digital photograph, postural and force demands, workstation measurements, and a description of each task.
- If more than one vehicle could be driven by a driver in one job category, we complete a **vehicle comparison study** to obtain a quantitative understanding of the differences between the vehicles, and to learn how these differences may impact the postural and strength demands for a driver.
- We communicate with the employee's health care provider to understand his/her **functional capabilities**.
- We complete a **"sit-fit"** to optimize the driver's vehicle adjustment and safety, and then a **demands-abilities-evaluation**, to determine which tasks and vehicles accommodate the driver's needs.
- We provide a **report** that summarises the findings of these assessments, and includes detailed recommendations for improvement.

Need help for your drivers? Contact Carrie at 519.623.7733 to obtain a quote on this process or to schedule an assessment.

*"The one thing you shouldn't do is try to tell a cab driver how to get somewhere."
– Jimmy Fallon*

Driver Ergo Workshop

Our one-day Driver Ergo workshop and poster will provide resources to drivers and managers to address the ergo issues associated with driving, including vehicle selection. Participants learn how to identify driving musculoskeletal disorder hazards, and how to adjust the driving compartment to optimise their comfort and safety. Please contact our office or web page for registration forms for this open-enrollment workshop on June 9.

Taylor'd Ergo offers open enrollment, and our 2015 dates are shown on the calendar. Note that all of our workshops can also be delivered on-site. Just contact Carrie at carrie@taylordergo.com or 519.623.7733 for further details.

*"Some years ago there was a study to discover the most stressful occupation. It turned out not to be the head of a large business, football manager or prime minister, but rather: bus drive."
– Jonathan Sacks*

Ergo "Face-2-Face" Driver Awareness Session

Employees need to understand the benefits of ergonomics – how poor vehicle design and awkward sitting postures hurt them, and what types of changes they can make to improve comfort, productivity, quality, and job satisfaction. We've created the best 1-hour hands-on ergo driver awareness session ever! This session addresses the main "ergo" hazards that a driver would encounter, and teaches participants how to optimize work techniques and adjustments. For example, a step-by-step adjustment of the driver's compartment is demonstrated and practiced. This course ends with a **quiz** and a **certificate** to ensure that participants have understood the information provided. In addition, participants walk away with a **workbook** and a **checklist** that they can use to review their driving methods and environments when they return to their job.

Note that we also have "face-2-face" sessions for material handlers, office and industrial workers. Check out our website www.taylordergo.com for information on these and all of our awareness sessions.

*"Always focus on the front windshield and not the review mirror."
– Colin Powell*

Ergo Driving Poster

This poster describes how to optimise the adjustment of a vehicle seat. It includes a step-by-step process to ensure the back supported, and the driver is sitting in a symmetrical, comfortable driving posture. This poster is ideal for all your fleet drivers.

Our driving, stretching, lifting, and office adjustment posters are printed on heavy card stock. They feature the high quality graphics and sound ergonomics advice you've come to expect from Taylor'd Ergonomics. Posters are available for \$5 apiece, or at discounted rates when you purchase in volume. Credit card purchases are now possible for your convenience.

Volume discounts:

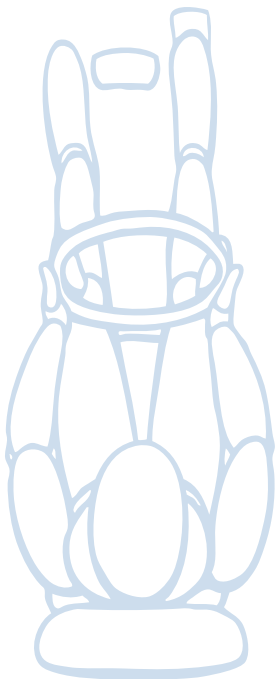
- 10-24 posters, \$3.60 each + hst
- 25-99 posters, \$3.00 each + hst
- 100+ posters, \$2.40 each + hst

*"Americans will put up with anything provided it doesn't block traffic."
– Dan Rather*

Ergo Extras

We have developed many awareness articles and puzzles related to "driving", which can be used to generate involvement during your health, safety and ergonomics awareness campaigns! A \$480 licence fee allows you access to these and over 150 more awareness topics. You select the topics you want, and then we customize them for you (e.g. add your company logo). Note that customisation is not optional, as your company name must appear on the sheets you select for distribution. There is an additional charge for customisation (only for the time that it takes to do so).

*"The one thing that unites all human beings, regardless of age, gender, religion, economic status, or ethnic background, is that, deep down inside, we all believe that we are above-average drivers."
– Dave Barry*



Phone 519.623.7733

Cambridge, ON N1R 3C5

38 Water Street South

© Taylor'd Ergonomics

A bi-monthly publication from

