



SAFETY TALK

Driving MSIs

Heavy construction workers can sometimes drive a vehicle or piece of equipment for hours. Sustained awkward postures and repeat motions over time while driving can lead to musculoskeletal injuries (MSIs).

What's the danger?

Improper driving posture can be caused by:

- The acceleration and deceleration of the vehicle
- Vibrations from the engine or road conditions
- Vehicle swaying from side to side
- Poorly adjusted seating, steering wheel or controls

Because your hands and feet are involved in driving, they can't help support your lower body against external forces.

This means the lower back muscles must be constantly active to stabilize the upper body, causing fatigue and pain over time.

Protect yourself

- Ensure the seat and steering wheel are adjusted for a comfortable driving position with full access to vehicle controls, good visibility of the road and rear-view mirrors.
- Stop and exit the vehicle every 1-2 hours to stretch and move around.
- Don't drive with items (such as your wallet) in your back pocket as this can be uncomfortable and misalign the spine over time.
- Don't immediately do any heavy lifting after a long period of driving. Take time to stretch and walk around.
- Do not sustain one position too long while driving, change positions by arching your back or adjusting the lumbar support of the seat.
- Place a cushion or roll behind the lower back to maintain a natural curve in the lower back.

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Supervisor: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

