

EFFECTS of VEHICLE VIBRATION

Whole Body Vibration (WBV) occurs when the shaking motion of a vehicle is transmitted through the body of the operator.

The vibration experienced in the body depends on: (1) vehicle type, (2) seat type, (3) speed, and (4) terrain (gravel, field, paved).



HEALTH EFFECTS



Low back pain



Loss of balance



Headache



Dizziness



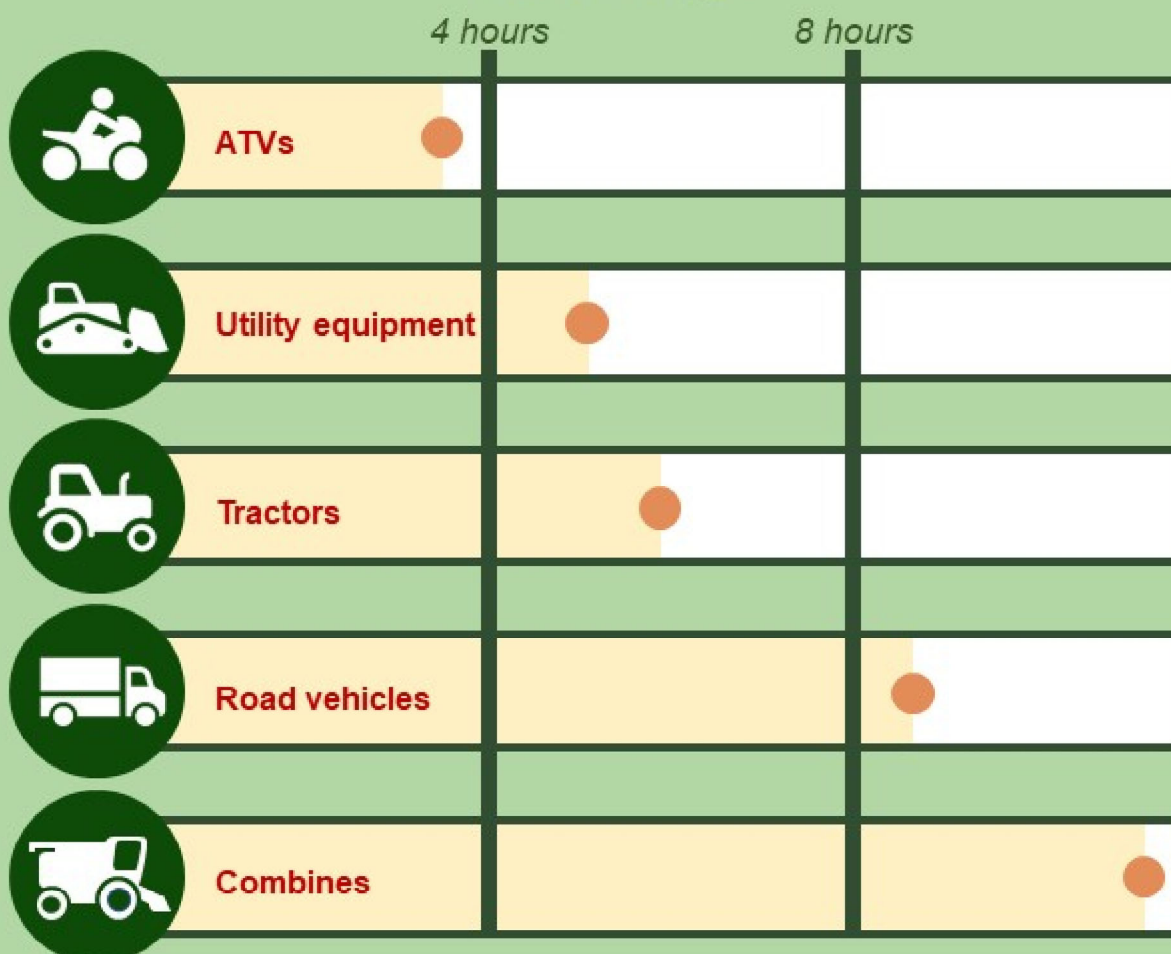
Muscle fatigue and cramping



Increased blood pressure

HOW MUCH VIBRATION IS TOO MUCH ?

Below shows how many *hours in a day* you can operate equipment before you are at risk of developing WBV-effects, on average



PREVENTION STRATEGIES TO REDUCE VIBRATION EXPOSURES

- ✓ **Maintenance:** keep tires inflated
- ✓ **Seat:** should not bottom out during use
- ✓ **Posture:** minimize forward leaning posture when driving
- ✓ **Terrain:** slow down on rough terrain
- ✓ **Rest:** stop and take breaks regularly