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
- Increased heart rate and blood pressure
- Increased breathing rate
- Disruption of balance and perception
- Low back pain and damage to the spine

**Average Operation Time before Reaching Recommended Daily WBV Exposure Limits**

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<thead>
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<th></th>
<th>4 hours</th>
<th>8 hours</th>
<th>12 hours</th>
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<tbody>
<tr>
<td>ATVs</td>
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<td>Utility equipment</td>
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<td>Tractors</td>
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<td>Road vehicles</td>
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<td>Combines</td>
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* 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

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