Driving a vehicle or truck for a short and/or prolonged period of time can have an impact on the body. The posture you are mindful of maintaining while at a desk is different from when sitting in a car. Key differences include arm position when holding the steering wheel, extending your leg forward to press the brake or accelerator pedals and much more. Below are a few things you can keep in mind to lessen the risk of injury while driving a vehicle or truck.

**Prepare for the drive:**

* Adjust the seat so you can comfortably reach the steering wheel and pedals.
* Adjust the steering wheel to the appropriate height for your use and comfortability.
* Keep a slight bend at the elbows when holding the steering wheel. Try not to hold the wheel tightly. Keep a light grip.
* Ensure your knees are not positioned higher than your hips.
* Keep your back rested against the seat.
* Provide lumbar support using the seat functions or with an additional cushion.
* Adjust the head rest so it is behind your head and able to provide support.

**Tips for driving comfortably****:**

* Adjust your hand position frequently and do not grip the steering wheel.
* Adjust your mirrors to avoid awkward posture.
* Have all regularly used items within direct reach before departing.
* Secure loose items that could roll or slide under your feet or the pedals.
* Ensure heavy objects and cargo are secured.

**Tips for after the drive:**

* When getting in and out of the vehicle, use the handle and steps ensuring to maintain three points of contact.
* Before stepping out of the vehicle, check for any hazards or environmental conditions.

**Additional Resources:**

1. **To learn more about adjusting your seat:** [**https://roadsafetyatwork.ca/resource/tool-kit/driving-for-work/**](https://roadsafetyatwork.ca/resource/tool-kit/driving-for-work/)
2. **Distracted Driving:** [**www.worksafebc.com/en/health-safety/hazards-exposures/driving-work/types/distracted-driving**](http://www.worksafebc.com/en/health-safety/hazards-exposures/driving-work/types/distracted-driving)

|  |  |  |  |
| --- | --- | --- | --- |
| **MEETING DESCRIPTION** | | | |
| **Meeting Date:** |  | **Time:** |  |
| **Location:** |  | **Supervisor:** |  |
| **Number in Crew:** |  | **Number Attended:** |  |
| **Attended By:** |  |  | **Absent** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |
| --- | --- |
| **REVIEW ITEMS FROM PREVIOUS MEETING** | **INCIDENTS/INJURIES REVIEWED** |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| **TOPICS DISCUSSED** |
| 1. **Driving Ergonomics** |
|  |

|  |
| --- |
| **WORKERS CONCERNS** |
|  |
|  |

|  |
| --- |
| **CORRECTIVE ACTIONS TO BE TAKEN** |
|  |
|  |
|  |
|  |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| **MEETING CONDUCTED BY** | | | |
| **Supervisor:** |  | **Manager:** |  |
| **Date:** |  | **Date:** |  |