

Whole Body Vibration in Agriculture

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



The vibration energy from the vehicle is transferred to the operator through the **FEET, SEAT** or **BACKREST**

WBV can come from any vehicle on which you sit or drive



Some examples of farm vehicles include ATVs, trucks, and tractors

Health Effects of WBV

	Muscle fatigue and cramping		Speech interference		Disruption of balance and perception
	Increased heart rate and blood pressure		Increased breathing rate		Low back pain and damage to the spine

Best practices for preventing WBV:

- Perform routine maintenance on vehicle and seat suspensions
- Consider retro-fitting suspension seats for older vehicles
- Ensure seat suspension system is adjusted for body weight
- Reduce vehicle speed over rough terrain
- Rotate workers for tasks with continuous vehicle operation or take breaks

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