

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**



Health Effects



Speech interference



Muscle fatigue and cramping



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 prevention



Routine maintenance for vehicle & seat suspensions



Retro-fit suspension seats for older vehicles

Adjust seat suspension system for body weight



Reduce vehicle speed over rough terrain



Take breaks from continuous vehicle operation

For more info visit our website

www.gpcah.org



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