

# Whole Body Vibration (WBV)



WBV occurs when the shaking motion of a vehicle is transferred to the operator through the floor, seat, or backrest.

## Health Effects



Speech interference



Disruption of balance and perception



Increased heart rate and blood pressure



Increased breathing rate



Muscle fatigue and cramping



Low back pain and damage to the spine

## Hours of riding before reach recommended daily WBV limit



< 4



5



6



8.5



11.5

ATV/UTV

Utility

Tractor

Road Vehicle

Combine

# To Reduce WBV Exposure:

## 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 when 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

