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

The vibration experienced in the body depends on: (1) vehicle type, (2) seat type, (3) speed, and (4) terrain (gravel, field, paved).

**Health Effects**

- Low back pain
- Loss of balance
- Headache
- Dizziness
- Muscle fatigue and cramping
- Increased blood pressure

**How Much Vibration is Too Much?**

Below shows how many hours in a day you can operate equipment before you are at risk of developing WBV-effects, on average.

<table>
<thead>
<tr>
<th>Vehicle Type</th>
<th>4 hours</th>
<th>8 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATVs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Utility equipment</td>
<td></td>
<td></td>
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<tr>
<td>Tractors</td>
<td></td>
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<tr>
<td>Road vehicles</td>
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<tr>
<td>Combines</td>
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</tr>
</tbody>
</table>

**Prevention Strategies to Reduce Vibration Exposures**

- **Maintenance:** keep tires inflated
- **Seat:** should not bottom out during use
- **Posture:** minimize forward leaning posture when driving
- **Terrain:** slow down on rough terrain
- **Rest:** stop and take breaks regularly