

# EFFECTS of VEHICLE VIBRATION

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



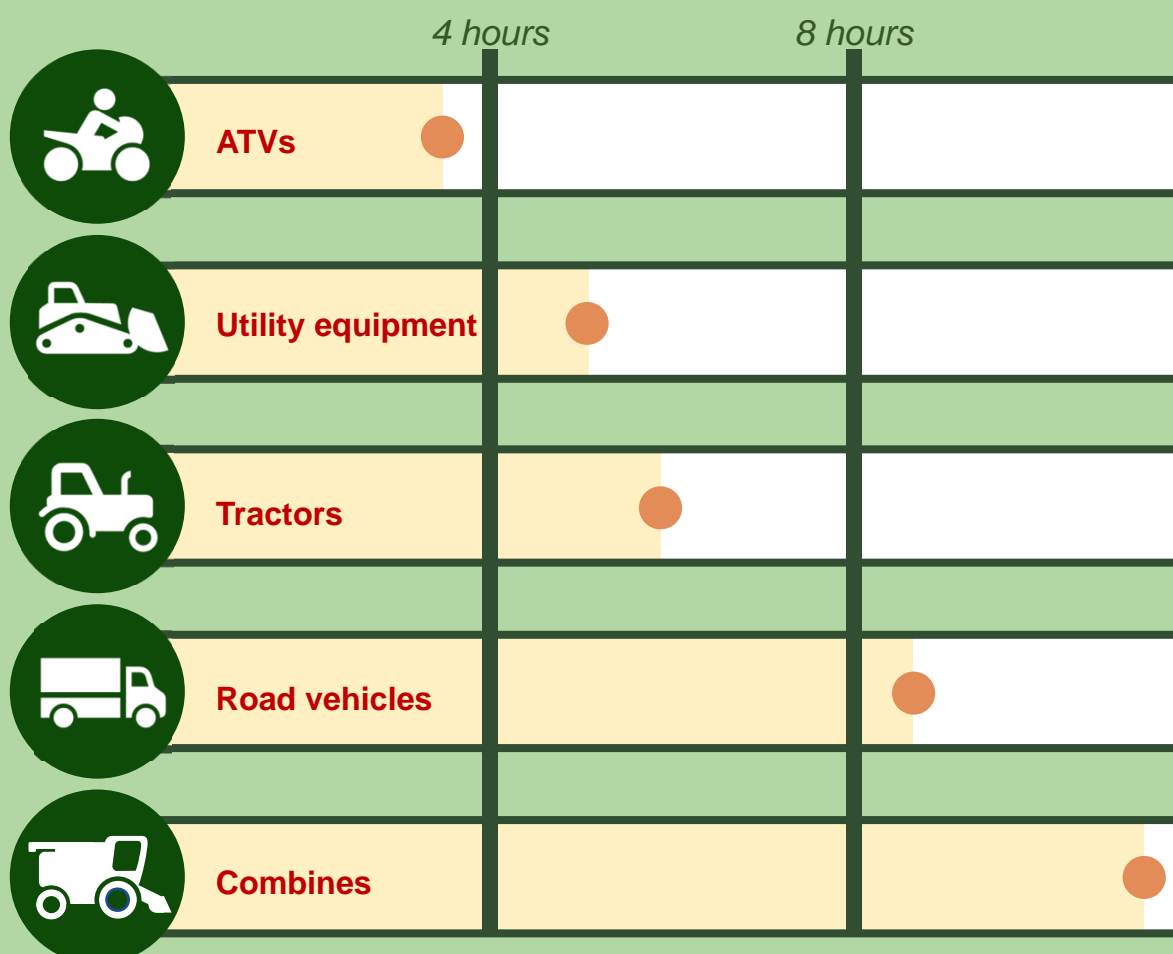
Muscle fatigue and cramping



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



## 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