



## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Transportation  
**Job Task:** Heavy Haul Controls Placement Cab Use

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Truck Driving</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Control levers, knobs and pedals that are common to a semi-truck cab</li> </ul>
<p><b>Potential Risk Factors</b></p> <p><i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p><b>Moderate Forward Back Bending</b></p> <ul style="list-style-type: none"> <li>• Depending on seat and control placement bending at the waist and increased reach may be needed if not properly adjusted to the drivers height and reach requirements.</li> </ul> <p><b>Shoulder, arm, and hand overreaching beyond relaxed neutral postures</b></p> <ul style="list-style-type: none"> <li>• When controls are not properly adjusted the increased stretching and reach may cause added stress and discomfort on the shoulder, arms and hands</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Awkward Posture Solutions:</b></p> <ul style="list-style-type: none"> <li>• Ensure that seat is adjusted to proper reach requirements for interior dash and gear shifter controls</li> <li>• As needed consider adding extensions for clutch, brake and fuel pedals to ensure proper support of the lower legs and reduce force requirements to engage the foot controls</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Reduces reach requirements allowing for neutral relaxed shoulder, arm and hand postures.</li> <li>✓ Reduces exertion of lower back.</li> <li>✓ Increases blood flow to reduce muscle tension.</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control Foot pedal extensions, gear shift extensions</li> <li>• Work Practice Control</li> <li>• Administrative Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• \$300-500 for pedal extensions plus installation. Gear shift extension \$10-\$50 plus installation</li> </ul>	