


## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Transportation  
**Job Task:** Heavy Haul Seat Suspension

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Sitting While Driving Truck</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Factory Installed Seats</li> </ul>
<p><b>Potential Risk Factors</b> <i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p><b>High Hand, Arm and Whole Body Vibrations and Jarring</b></p> <ul style="list-style-type: none"> <li>• Depending on the factory seat and suspension risk factors may be higher on rough roads or using smaller roadways and highways. Height adjustments based on a drivers stature can also impact effects of vibration and jarring.</li> </ul> <p><b>Awkward Postures When Sitting</b></p> <ul style="list-style-type: none"> <li>• Prolonged sitting in the same position without movement</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Awkward Posture Solutions:</b></p> <ul style="list-style-type: none"> <li>• Stretch frequently, particularly performing back extension stretches to increase blood flow and reduce muscle tension. Stretches should be done after exiting or entering the vehicle.</li> <li>• Ensure that truck seat is properly adjusted for height and distance from controls and pedals to ensure best fit for drivers stature</li> </ul> <p><b>Vibration Solutions:</b></p> <ul style="list-style-type: none"> <li>• Use Heavy ergonomic designed drivers seat to reduce long term exposure to vibration and jarring.</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Reduces Vibration Exposure.</li> <li>✓ Reduces exertion of lower back.</li> <li>✓ Increases blood flow to reduce muscle tension.</li> <li>✓ Reduces muscle &amp; ligament strain</li> <li>✓ Allows alternating muscles &amp; ligaments to share strain/rest cycles</li> <li>✓ Reduces disc pressure of the discs against nerves</li> <li>✓ Improves disc circulation</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control Heavy ride ergonomic truck seat by National Seating with BackCycler technology and air ride support</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>• \$1000.00-\$2000.00 for the seat plus installation</li> </ul>	