



Whole Body Vibration Toolbox Talk

“Avoid the possibility of suffering from back-pain or worsening an existing condition – there are some simple measures **you** can take to ensure **your** Health and Safety at Work is protected”

Whole Body Vibration can contribute to back-pain via the following:

- **Poor design or adjustment of seating or controls**
- **Poor Driver posture**
- **Long periods in the Driver’s seat**
- **Awkward access or jumping from the Cab**
- **Shocks and Jolts**

Follow these simple guidelines:

- **Use the correct Machine for the job**
- **Make sure the machine is powerful enough for the task in hand**
- **Report defective Machines to your Line Manager**
- **Dress warmly in cold weather, Drink Hot Fluids and Eat Warm Food**
- **Exercise Fingers regularly to help circulation**
- **Cut your speed according to the terrain**
- **Choose your route to avoid rough ground**
- **Remove large rocks or obstacles on your route and fill in any ditches and holes where appropriate**
- **Always adjust your seat before starting work**
- **Do not twist, stretch or lean to operate the controls**
- **Steer, brake, accelerate, shift gears and operate attachments (e.g. excavator buckets) smoothly**
- **Check the Tyre Pressures daily**
- **Do not slump in your seat, constantly lean forward or drive with your back twisted**
- **If you can, take regular breaks to avoid sitting in the same position for too long**
- **Do not jump out of the cab**
- **If a Whole Body Vibration assessment has been completed check the times stated regarding vibration exposure**

A Whole Body Vibration Health Monitoring Questionnaire is available from derrick.strong@aberdeenshire.gov.uk (Occupational Health Nurse Adviser) 01224 664166 if you are concerned about a condition you think could be linked to the operation of your vehicle.

Wear Ear Protection when operating or working near Noisy machinery