

# Prolonged Sitting

Affected Sectors: Trucking, Forestry, Health Care (Paramedics)

## Hazards

## Contributing Factors

### Posture

- Being in the same position for extended periods
- Slouching

### Whole Body Vibration

- Road conditions
- Seat design and condition



**TIP:** Be creative to find reasons to stand up and move more frequently.

## Possible Controls

### Quick Wins

1. Change orientation of seat (tilt), and steering wheel (if applicable) regularly.
2. Shift body position within reasonable limits.
3. More frequent rest stops (get out of vehicle and move), stretch breaks.
4. Ensure integrity of seat and its suspension system – add a lumbar support.
5. Avoid lifting directly after driving – warm your body up for physical activity.

### Long-Term Planning

1. Promote healthy lifestyle choices.
2. Implement organizational route planning.