

# MCLB ALBANY SAFETYGRAM

October is National Ergonomics Month



## Good ergonomics is not limited to the office:

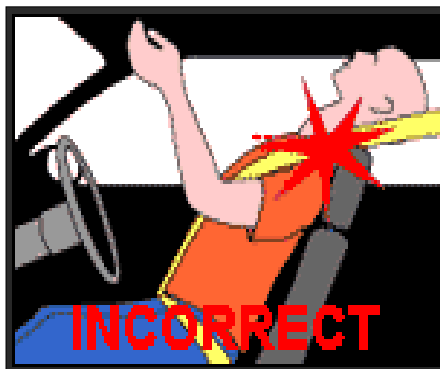
The same practices that can help avoid aches and pains at your desk can be applied to your drive to and from work.

Lower back pain is a common commuter complaint. Additional discomforts can be foot cramps, a sore neck and shoulders stemming from poor posture, along with stress and tension caused by sitting in one position for an extended period of time.

### Make your ride to work more comfortable with these tips:



Adjust your seat so you can easily reach the pedals and controls. You should be able to reach the steering wheel without stretching your arms and thighs parallel to the seat.



Adjust the headrest so it is as high as – but not lower than about 2.5 inches from – the top of your head.



Keep the backrest at shoulder height so it does not interfere with your rearview vision.



Raise the steering wheel if your legs or knees bump it while driving.



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