

POSTURAL AWARENESS - VEHICLES

Overview

Prolonged periods of sitting in a vehicle can place substantial demands on our posture, especially due to the effects of vibration and movement from the vehicle. Musculoskeletal Disorders* (MSD's) can result in a huge cost to business through lost working days and decreased productivity for those affected.



This 1 hour workshop (with an optional 30 minute practical) will focus on how common musculoskeletal disorders develop and the risks of not having your vehicle cockpit set up correctly. Guidance on how we should be setting up the cockpit, precautions to take to prior to undertaking a journey and arriving at a destination, as well as other advice to help improve wellbeing, mental health.

*Musculoskeletal Disorders - injuries and disorders that affect the human body's movement or musculoskeletal system.

Who should attend?

This one hour or 90 minute workshop is designed for anyone who drives a car for work. No previous knowledge or experience is required. The workshop will comprise of an overview of why and how musculoskeletal disorders develop, guidance for setting up a vehicle cockpit, as well as advice around journeys and other aspects of driving which can help to improve wellbeing and mental health when behind the wheel.

Aims

The aim of the workshop is to give delegates the confidence and knowledge to be able to set up their vehicle cockpit and take measures to look after their wellbeing and mental health.

By the end of the workshop delegates will –

- Understand the risks of adopting poor postures
- Know how to set up the car cockpit correctly
- Understand better habits which we can adopt when driving

Course Outline

- Introductions
- What are the risks and effects of driving on the body
- How should we have our vehicle cockpit set up
- (Optional 30 minute practical available - dependant on availability of space and shelter)
- The journey
- Other general advice
- Free resources

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