

Driving and Vehicles.

Driving can form a large part of our working day, and unfortunately it's not uncommon for us to experience aches and pains. In addition to this, with a growing remote workforce we're increasingly using our vehicles as mobile offices.

Frequent and prolonged driving places our backs and shoulders at the most risk because we're spending lots of time in a static posture. This risk is amplified if the vehicle's not been set-up correctly.

Ankle injuries are also common for people who drive larger commercial vehicles, and the best way to prevent these are to check the ground conditions when stepping-out of the vehicle to avoid stepping into pot-holes.

Remember, if you're loading or unloading don't over-stretch to reach items, and only carry what you can easily handle. Also, store your stuff so that you can access things safely and have a look at the vehicle layout guides.



To prevent aches and pains when driving:

- Take a 15 minute break every 2 hours to get out, move about and stretch.
- Set-up your seat properly (check the 'Driving advice Factsheet').
- Change your habits- can you meet half-way, have a conference call or use public transport?

If you start to develop aches and pains, contact RehabWorks for physiotherapy support on: 0333 222 0712