Whole Body Vibration

WBV occurs when the shaking motion of a vehicle is transmitted through the body of the operator.

The vibration energy from the vehicle is transferred to the operator through the FEET, SEAT or BACKREST.

Health Effects

- Speech interference
- Muscle fatigue and cramping
- Disruption of balance and perception
- Increased heart rate and blood pressure
- Increased breathing rate
- Low back pain and damage to the spine

Best practices for prevention

- Routine maintenance for vehicle & seat suspensions
- Retro-fit suspension seats for older vehicles
- Adjust seat suspension system for body weight
- Reduce vehicle speed over rough terrain
- Take breaks from continuous vehicle operation

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