



Driver Ergonomics Services

Length: 1hr; Full Day; 6-12 month program.

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: This service analyzes key MSK risks facing workers in transportation, and provides tailored solutions to improve health and organizational outcomes – suitable for Long distance lorry drivers, Field sales personnel, Pilots, Public transport workers, and Public health/Public security personnel.

The introductory presentation is tailored to meet the requirements of your workforce, addressing common risk factors and sharing actionable tips to improve musculoskeletal health on-the-road.

Content includes:

- Common Repetitive Driving Injuries (RDIs)
- Causes – Improper habits that cause RDIs
- Ergonomic Solutions

A Full Day workshop provides in-depth analysis and solutions to tackle key musculoskeletal health risks. In addition to a general workshop, 1-1 assessments of vehicle design and selection, posture, mental wellbeing, and daily habits are carried out.

Following this, bespoke 6 and 12 month training programs can be designed to track performance and measure effectiveness, with ongoing improvements delivered as and when necessary.

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.