



PEACOCK GROUP SAFETY MEETING

www.peacockgroup.org

DRIVER BACK TIPS

The probability of spinal disk problems is three times greater for those who spend a big part of their work lives driving. To reduce the strain on your back:

Keep your head and shoulders erect while driving. Place a thin pillow, or a wicker back support, at the small of your back. Keep your back pressed against it.

Change driving positions often.

Don't drive for extended periods. Take breaks to stretch your legs and do one or two of these exercises:

Grab your wrist, and raise your arms to shoulder height. Try to pull your arms apart for a count of six. Repeat three times.

Hold your forehead, then push your head against your hand. Repeat for each side of the head. Do slowly three times.

