

In-Vehicle Workstations

How to set up for **short term**, in-vehicle mobile device use, such as laptops and tablets

Do you need to work in the vehicle?

In-vehicle workstations are not an effective replacement for a properly set up office workstation

- Consider a remote workstation with a work surface as an alternative to reduce awkward postures and eliminate safety risks
- A work surface allows for use of external devices, such as a laptop/tablet riser, external keyboard and mouse

If you are required to use mobile devices in-vehicle:

1. INCREASE WORKSPACE

- Adjust seat rearwards
- Work in the passenger seat or rear seats

2. CENTER THE SCREEN

- Position the screen in front of the body
- Centre the screen with the vertical mid-line of the body to avoid twisting at the back and neck

3. USE SUPPORTS TO RAISE THE SCREEN

- Use mobile mounts or holders to improve neck posture
- Use voice-based input systems to reduce awkward shoulder, arm and wrist postures

4. EXIT THE VEHICLE TO CHANGE POSTURE

- Get out of the vehicle at least once per hour
- Do NOT work in-vehicle for long periods of time



FOR YOUR SAFETY:

- Never use mobile devices when operating a vehicle
- Ensure the vehicle is parked safely (away from moving vehicles) and turned off while working on mobile devices
- Working in the vehicle is not optimal as there are risks associated with working in front of airbags



DO NOT WORK IN-VEHICLE FOR LONG PERIODS OF TIME

Working directly on a laptop/mobile device creates musculoskeletal disorder (MSD) hazards:

- Flexed neck posture to view the screen
- Awkward wrist/elbow/shoulder postures to type and use the trackpad/screen

Exposure to MSD hazards for sustained durations increases the risk of discomfort and MSD.



For more info visit:

msdprevention.com

RESEARCH MEETING PRACTICE TO PREVENT MUSCULOSKELETAL DISORDERS (MSD)

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Centre of Research Expertise
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Musculoskeletal Disorders

**Work
shouldn't
hurt**