In-Vehicle Computing Ergonomics Checklist

Centre of Research Expertise for the Prevention of Musculoskeletal Disorders

CRE-MSD

Job title:

Date:

Analyst:

Assessment Area			Recommendation(s)
Driver Seat			
	YES	NO	
Is there space between the seat pan and the back of the legs?	☐	☐	Two fingers space between the seat and the legs is ideal
Do the seat pan side supports cradle the thighs?	☐	☐	Side cushions should not put excessive pressure on the thighs
Is the seat cushion soft at the front and firm under the buttocks?	☐	☐	Frequent entry/exit can degrade seat cushions and decrease seat support
Is the backrest tilt adjustable?	☐	☐	Seat pan-seat back angle should be 90-110 degrees
Does the seat back have a curved lumbar support?	☐	☐	A 3-5 cm deep lumbar support can improve low back posture
Upper Body			
	YES	NO	
Can driver reach all vehicle controls (radio, wipers, temperature) while seated?	☐	☐	Repeatedly leaning forward to reach controls can cause discomfort
Is the steering wheel position adjustable?	☐	☐	Elbows should be at the side while reaching to 9:00 and 3:00 on the wheel
Is there sufficient head room in the vehicle?	☐	☐	Lack of headroom can lead to slouching and poor back posture
Ingress/Egress			
	YES	NO	
Can driver exit the vehicle without adjusting the seat and/or steering wheel position?	☐	☐	Repeatedly adjusting seat can lead to inappropriate setup while driving
Can driver exit vehicle with 3-point contact?	☐	☐	3-point contact helps maintain balance, stability, and good postures

In-Vehicle Computing Ergonomics Checklist

CRE-MSD — Centre of Research Expertise for the Prevention of Musculoskeletal Disorders

Assessment Area			Recommendation(s)
Mobile Computer			
	YES	NO	
Is the mobile computer position adjustable?	☐	☐	Self-selected position can reduce discomfort and physical demands
Can driver reach mobile computer without twisting low back?	☐	☐	Extended use in a twisted posture can lead to low back injury
Can driver reach mobile computer with two hands and elbows at the sides?	☐	☐	Reaching can cause shoulder loading and discomfort
Can mobile computer swivel left and right?	☐	☐	Keyboard should be perpendicular to the forearms to keep neutral wrists
Can mobile computer be adjusted within 20 seconds?	☐	☐	Complex adjustment processes may cause users to avoid adjustment
Can mobile computer be locked in a safe position while driving?	☐	☐	Driver safety may be at risk in the event of an airbag deployment
Rest and Work Environment			
	YES	NO	
Does driver exit vehicle at least once per hour?	☐	☐	Static postures can lead to fatigue, discomfort, and injury
Can mobile work be performed in a standard office environment?	☐	☐	Variations in work posture are the best way to prevent discomfort

If you answered NO to any of the preceding questions, a full risk assessment may be required to limit any potential mobile workplace hazards.

Additional Comments:

_____

_____

_____

_____

_____

_____