

Job title: _____

Date: _____

Analyst: _____

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

Assessment Area	Recommendation(s)
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Mobile Computer	
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	YES	NO	
Is the mobile computer position adjustable?	<input type="checkbox"/>	<input type="checkbox"/>	Self-selected position can reduce discomfort and physical demands
Can driver reach mobile computer without twisting low back?	<input type="checkbox"/>	<input type="checkbox"/>	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?	<input type="checkbox"/>	<input type="checkbox"/>	Reaching can cause shoulder loading and discomfort
Can mobile computer swivel left and right?	<input type="checkbox"/>	<input type="checkbox"/>	Keyboard should be perpendicular to the forearms to keep neutral wrists
Can mobile computer be adjusted within 20 seconds?	<input type="checkbox"/>	<input type="checkbox"/>	Complex adjustment processes may cause users to avoid adjustment
Can mobile computer be locked in a safe position while driving?	<input type="checkbox"/>	<input type="checkbox"/>	Driver safety may be at risk in the event of an airbag deployment

Rest and Work Environment	
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	YES	NO	
Does driver exit vehicle at least once per hour?	<input type="checkbox"/>	<input type="checkbox"/>	Static postures can lead to fatigue, discomfort, and injury
Can mobile work be performed in a standard office environment?	<input type="checkbox"/>	<input type="checkbox"/>	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:
