

Bus Driving Ergonomics

Seat Positioning



Seat positioning should be adjusted prior to the drive with; comfortable reach to pedals and steering wheel, arms relaxed, knees should be even with hips, back and thighs supported, and seat should have good suspension.

Driving Comfortably



During the drive; change hand positions often, avoid gripping wheel too tight, make minor sitting changes every 30 minutes, add extra seat pad if needed, adjust mirrors to avoid leaning, and have regularly used items within reach.

After the Drive



When the drive is done; give the body time to adjust, get out, walk around, stretch and loosen up. Take care to exit the vehicle safely using the provided hand rails and steps.

Bus Driving Ergonomics Training Guide

Below are questions and talking guides for bus driving ergonomics training.

Lumbar

What can be done for lumbar support?

- Make available seat adjustments
- Add extra cushion for support if needed

Position

How often should we adjust sitting position?

- At least every 30 minutes

Accessible Items

What are some items used frequently that should be placed in easy reach ahead of the trip?

- Phone/GPS
- Drink/snack
- Sunglasses
- Bag
- Chargers

Seat Adjustment

What are ways to ensure the seat is adjusted properly?

- The entire back should have support from the seat
- The front of the seat should not press into the back of the knee
- Thighs should be completely supported by the seat
- Seat and seat suspension condition should be good
- Knees should be in line with the hips

Mirrors

True or False:

Mirrors should be adjusted to a position that doesn't require leaning?

True: Mirrors should be easily viewable without moving and checked prior to each trip

Conclusion:

Driving a bus for long periods of time or even for short spurts all day can be hard on the body. This obviously comes on top of other difficult tasks such as controlling activities on the bus and constantly opening and shutting the doors as well as checking and securing surroundings at each stop. Use these simple tips to prevent an unwanted ergonomic issue.