



Risks of exposure to WHOLE-BODY vibrations

Quebec occupational health and safety regulations do not set standards for vibration exposure.

Here are a few points to consider when identifying potential hazards in the workplace. The risk to your health will increase with exposure to vibrations (equipment operating time) and in situations with aggravating factors.

However, the European guidelines provide best practices in the field and these recommendations are derived from them. Since vibrations represent a health risk, employers must take measures to identify, correct and control the risks, in compliance with section 51 of the *Act respecting occupational health and safety*.

IF YOU USE THE FOLLOWING EQUIPMENT

- ☐ Bus
- ☐ Truck
- ☐ Lift truck
- ☐ Compactor
- ☐ Power shovel
- ☐ Grader
- ☐ Forestry tractor
- ☐ Skidder
- ☐ Excavator
- ☐ Backhoe loader

IF CRITICAL OPERATING TIMES ARE REACHED

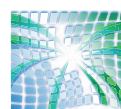
This time varies, depending on the type of equipment and its features. Some indications of daily operating times are listed below.

- ☐ Scraper: 1 h
- ☐ Bulldozer: 2 h
- ☐ Lift truck: 3 h
- ☐ Construction equipment: 3 to 6 h
- ☐ Forestry equipment: 3 to 6 h
- ☐ Road vehicles: 5 to 8 h

IF THE FOLLOWING AGGRAVATING FACTORS ARE PRESENT

- ☐ Uncomfortable driving posture (e.g.: due to poor visibility)
- ☐ Prolonged sitting posture
- ☐ Operation on rough terrain
- ☐ Equipment unsuitable for road conditions
- ☐ Improper seat adjustment or maintenance
- ☐ Daily operation of multiple pieces of equipment
- ☐ Use of the equipment for any purpose other than that intended by the manufacturer
- ☐ Exposure to shocks or jolts

THE SAFETY THRESHOLD FOR VIBRATING EQUIPMENT MAY HAVE BEEN EXCEEDED!



WHAT ARE THE POTENTIAL HEALTH EFFECTS?

- More frequent lower back pain, including
 - Disk herniation
 - Premature aging of the spine (degeneration)
 - Osteoarthritis
- Upper back pain
- Neck or shoulder problems
- Aggravation of existing back issues
- Possible effects on pregnancy (prematurity) and fetus

**Vibrations
can reduce work
performance!**

At a consultation for any of these problems,
be sure to inform the doctor that you have been exposed to
whole-body vibrations. In addition, these health effects
may be caused by other factors, which the doctor must evaluate.

RECOMMENDATIONS TO ELIMINATE OR REDUCE RISK

USING VIBRATING EQUIPMENT

- ☐ When driving, take care to avoid acceleration and sudden stops.
- ☐ Adjust all seat settings, including the suspension system.
- ☐ Follow the designated lanes to avoid uneven surfaces.
- ☐ Report any equipment breakage, faulty adjustment or worn parts to your mechanic, following the company's established procedure.

WORKING POSTURE

- ☐ Maintain proper working posture; avoid bending and twisting the trunk.
- ☐ Avoid sitting for long periods of time. Whenever possible, get out of the vehicle and walk around.

OTHER RECOMMENDATIONS

- ☐ Always exit a vehicle using the three-point method.
- ☐ Avoid lifting loads after a heavy vehicle trip.
- ☐ Buckle your seat belt. It reduces vibrations during impact.

