

# Whole Body Vibration in Agriculture

Whole Body Vibration (WBV) occurs when the shaking motion of a vehicle is transmitted through the body of the operator



The vibration energy from the vehicle is transferred to the operator through the **FEET, SEAT or BACKREST**

WBV can come from any vehicle on which you sit or drive



Some examples of farm vehicles include ATVs, trucks, and tractors

## Health Effects of WBV



Muscle fatigue and cramping



Speech interference



Disruption of balance and perception



Increased heart rate and blood pressure



Increased breathing rate



Low back pain and damage to the spine

## Best practices for preventing WBV:



Perform routine maintenance on vehicle and seat suspensions



Consider retro-fitting suspension seats for older vehicles



Ensure seat suspension system is adjusted for body weight



Reduce vehicle speed over rough terrain

Rotate workers for tasks with continuous vehicle operation or take breaks

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# Health And Safety Manuals For Farms

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