

Best Practice: Bus Driving Posture

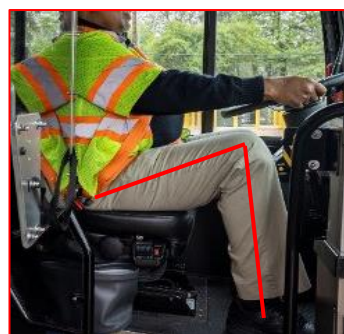
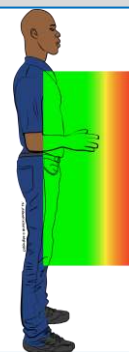


Body Mechanics Observation:



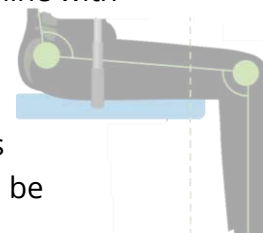
Upper Body Posture

- Avoid extending elbows
- Avoid leaning forward and rounding back
- Sit up straight with ears over shoulders, shoulders over hips
- Keep elbows slightly bent and close to body
- Add lumbar support to allow for a neutral spine



Lower Body Posture

- Adjust seat so hips are higher or in line with knees
- Avoid reclining in seat
- Ensure 2-3 fingers width between front of seat pan and back of knees
- Seat position should allow knees to be slightly bent when pedals are fully depressed



Steering Posture

- Avoid awkward wrist postures and contact stress to hands
- Avoid resting arm on window or grab bar
- Position hands at the 8 and 4 o'clock position on steering wheel
- Maintain handshake position and full hand grasp of steering wheel



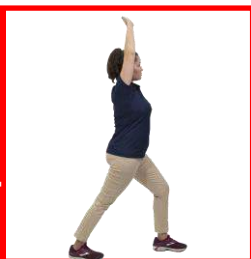
PRO Fit Rapid Warm-Ups and Daily Stretching:

Squeezes



With arms at sides and elbows bent, bring elbows back and squeeze shoulder blades down and back. Repeat 10-20 times.

Hip Flexor



Stand in a split stance. Lean forward into front leg and raise opposite arm. Repeat 10-20 times. Perform on both sides.

Hamstring



Straighten one leg with toes pulled up. Keep back straight while hinging at the hips bending forward. Hold 20-30 seconds. Repeat 3 times each side.

Wrist Flex/Ext



With arm extended, use opposite hand and bring wrist down/up. Hold 20-30 seconds Repeat 3 times each side.