



Name: _____ Company: _____

Sitting Comfortably

GOOD POSTURE AND EXERCISE MAKE A DIFFERENCE

You sit for many hours when you're on the road. If your sitting habits cause muscle ache, you'll be miserable, and you probably won't drive as well as you should. Correct posture can mean the difference between being comfortable on the job and suffering through a painful ordeal.

Good Posture

The amount of strain you put on your back is controlled by the way that you sit, stand or recline.

When you sit correctly, your knees should be slightly higher than your hips. The hips should be to the rear of the seat and your lower back should not be arched too much. Your shoulders and upper back should not be slouched or rounded.

When you stand correctly, your spine naturally forms an "S" curve. With your shoulders back, the "S" is right over your pelvis.

Even if you're sitting correctly, other physical conditions can cause back pain. If you're overweight, there's extra strain on your spine. Experts say that, for every extra pound up front, there are 10 pounds of extra strain on your back. Keep your weight where it should be.

Stretching Exercise

Your back also benefits from regular exercises such as touching your toes while sitting on the floor. You can do it with both feet extended, or you can bend one leg toward you and extend the other. Touch the toes on that foot several times. Then bend that leg, extend the other and repeat the exercise on the other foot.

Another simple exercise involves lying down

with your knees bent and your feet flat on the floor. Bring one knee to your chest and hold it for several seconds. Then return that foot to the floor and repeat.

Exercise As You Go

There are simpler stretching techniques that are easy to do on the road. Do a few beside your cab each time you pull off for a rest stop. Bend down and swing your hands between your ankles several times, then touch your toes. Stick your arms out from your body and turn your upper torso gently in one direction, then the other. Next keep your arms outstretched and bend from side to side. Touch the side of your foot or your ankle, on each downturn.

Do head rolls to release tension in the neck. Bend one ear toward your shoulder. Roll your head forward so your chin touches your chest. Then roll to the other side and continue in a circle.

Improvise your own simple stretches to include the major muscle groups: back, abdominal, legs, arms and chest. Start with exercises that you can do six to ten times without straining, and try to do at least one exercise for each muscle group. Do them often. You'll relieve muscle tension and maintain your flexibility.

When it's time to load or unload cargo, give your body a chance to loosen up. Do some stretching exercises to warm your muscles up before you start this new task.

Treat Yourself Right

Good posture is vital for good health. Maintain proper posture, walk properly and do stretching exercises often to keep your muscles and back in shape. Adjust the seat in your vehicle so it supports your back as it should be supported. It will make your job a lot easier.



TRUE OR FALSE:

1. Poor posture can result in a body strain.
2. Exercise and stretching helps prevent body strain.