



WBV Risks

Shaken, not stirred

Whole body vibration (WBV) is known to be associated with back and hip disorders, but it can also contribute to the risk of falls and collisions (accidents).

The short-term effects of WBV include:

- Cognitive impairment (memory difficulties, for example)
- Stress
- Loss of balance
- Reduced sense of body position and self-movement
- Reduced sensory and motor responses

With long-term exposure to WBV, the effects are cumulative and can contribute to the development or aggravation of low-back injuries.

Additional Resources

Scan the QR codes with your phone camera

Gov. of Ontario



CCOHS



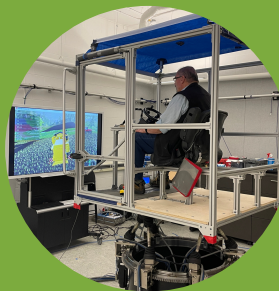
EU - OSHA



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Take a Break from the Shake

That's right! Something as simple as taking a break during your workday can help reduce some of the negative effects from whole-body vibration (WBV) when operating farm machinery.

Learn more inside about some of the risks of WBV, along with practical tools and strategies to help reduce the adverse health effects.

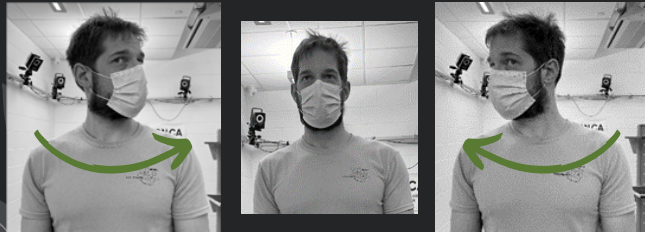
Get up and move!





Gaze Stabilization Exercises

Move your head and neck, at your own pace, while maintaining eye contact with a fixed point.



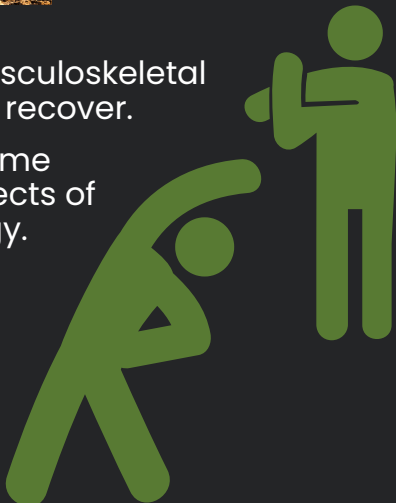
Stretching or exercise breaks



Provide the musculoskeletal system time to recover.

Help reduce some cumulative effects of vibration energy.

It's easy to include simple activities to improve your health during your workday!



Tools and Strategies

What can you do?

As producers, you need to operate farm machinery and often for long periods of time. There is no way to completely eliminate the hazard of whole body vibration (WBV) in agriculture, but there are ways to reduce your risk of exposure and injury when spending long days operating machinery.

The research team at the University of Saskatchewan Ergonomics lab have developed dedicated activities to help you make the most of your rest break!

← Dedicated rest break activities

There are also many habits that can be integrated in your workday to help you get moving and reduce your exposure to vibration. Check out these simple tips and tricks!

Tips and Tricks →



Check your equipment

- Regularly inspect your tractor or combine.
- Help avoid breakdowns.
- Added benefit of physical movement!

Get out of that cab!

- Walk to get your lunch.
- Go on foot instead of using the 4-wheeler.

When should you take a break?

- Based on field studies, researchers recommend maximum levels of vibration exposure when operating a **tractor, combine** or any **large equipment**:

