

The Sibley Report

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...the place to find valuable information to help make your job and your life easier! If you have a topic idea please call Angela Veri our Director of Customer Relations. Sibley & Associates is a national disability management firm with over a decade of experience, nearly 300 staff/consultants and state-of-the-art technology.

Put Yourself in the Driver's Seat when it comes to Comfort & Safety!

Do you often feel uncomfortable in your car? After driving home from work do you have an aching back or neck? Does the thought of taking a long car trip make you anxious just imagining how sore you will feel? If you said "yes" to any of these questions, it's not all in your head – but it may be how you are positioned in your car.

An estimated 80% of car accidents result in soft tissue injuries, resulting in insurance companies spending approximately \$4 billion annually helping clients recover. Studies show that properly adjusted headrests can reduce soft tissue injuries by 40%. So why is it that only 14% of us actually have headrests positioned correctly? ¹

Properly adjusted car headrests and other posture adjustments of the driver's seat can improve driving safety, as well as dramatically change the way you feel! So when it comes to driving, make sure you are well adjusted, because proper positioning could be the one thing that saves your life.

The Vehicle Ergonomic Assessment is one of the best ways to ensure clients are properly positioned in their cars. This type

of assessment uses ergonomic principles to match each client to his/her vehicle. The result is a comfortable, safe, knowledgeable client who is confident while driving (rather than distracted by pain) and who has learned the skills to ensure he/she maintains good comfort and safety.

Clients who benefit from this type of assessment are those who:

- experience pain or discomfort when driving
- demonstrate hesitation when driving
- had a previous whiplash injury or car accident
- spend the majority of their work time driving (e.g. couriers, sales, taxi cab drivers, etc.)

Please refer to the attachment to see the difference proper positioning in your vehicle can make for comfort – and preventing injury or re-injury!

¹ Insurance Bureau of Canada

www.sibley.ca

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