



## Tips for Bus Drivers

You have a very important job! Do not let pain get in the way of doing what you love. Use these tips to avoid putting stress on your back, legs, shoulders, arms, hands and wrists.

### Check Your Seat

- Adjust your seat position for YOU, each time you get on the bus.
- Make sure you can comfortably reach the pedals and steering wheel.
- Your arms should be at a slight angle.
- Your knees should not be higher than your hips.
- Your thighs should be completely supported by the seat.
- Your entire back should rest against the seat.
- Consider lumbar support either through seat controls or with an additional cushion.

### Driving Duties

- Make slight changes to your hand positions while driving.
- Do not grip the steering wheel too tightly.
- Adjust your sitting position every 30 minutes to redistribute the pressure.
- Adjust your mirrors so you can see properly. You should not have to lean to see.
- Have everything you need within direct reach before you hit the road.

### Off the Bus

- Always use the hand rails when exiting the bus.
- If you have been driving for a while, make sure you feel confident on your legs before using the steps.
- Help your body decompress after a long drive. Stretch, walk around and loosen your muscles after you exit the bus.
- Remember, temporary sore muscles can be normal. Sharp, shooting, consistent pain may indicate an injury.

