

# DRIVE FOR LONGEVITY BY SETTING UP YOUR VEHICLE RIGHT



Tradies spend long periods in their vehicles getting to job sites and can face common risks such as incorrect seating, poor posture, and constant vibrations that can lead to driving-related musculoskeletal injuries.

Occupational Health Physiotherapists specialise in assessing vehicle ergonomics. They can provide practical recommendations tailored to your individual needs, reducing the risk of musculoskeletal injuries while driving. Adjusting your seat, headrest, mirrors, and steering wheel based on their expert guidance ensures a safe and comfortable driving experience.

Visit [choose.physio/tradieshealth](https://choose.physio/tradieshealth) to find out more



**TRADIES  
NATIONAL  
HEALTH  
MONTH**