



WORKING FROM YOUR CAR

Working from your car is a significant risk factor for musculoskeletal discomfort or pain. This advice sheet provides you with some basic information on how to help minimize this risk.

General Advice

Working from your car can entail, for example, laptop use, general paperwork, mobile use, and manual handling. Such tasks, if performed from the car, can involve:

- Static and awkward postures
- Twisting and leaning to one side
- Leaning forward
- Slouching



Ideally we would suggest that you avoid working from your car, and instead find a more suitable place to work, for example, in a restaurant or rest stop to help achieve a range of good and comfortable postures. If you arrive early for a meeting ask if there is an appropriate place for you to work.



We recognize that an alternative location may not always be practical and therefore provide the following advice if working from your car cannot be avoided.

Laptop Use

If you must use your laptop in the car – move to the passenger seat and place the laptop on your lap. Never sit in the driver's seat while resting the laptop on the passenger seat and vice versa.

Store your laptop in the trunk of your car. This reduces the risk of theft, but also ensures you get out of the car and stretch your legs before using the laptop.

Remember to change position frequently and take breaks. Do not work on your laptop for prolonged periods, i.e. for more than 10-15 minutes at a time.

Paperwork

If there is no practical alternative and you need to carry out paperwork in the car:

Try to achieve as good a range of postures as possible, avoiding slouching, leaning forwards and twisting. Also, change position frequently and take breaks.

Never sit in the driver's seat while resting the paperwork on the passenger seat and vice versa.

Mobile Phone Use

Never use your mobile phone while you are driving.

Storage of Equipment

Try to avoid storing equipment (including your laptop) on the front and back seats or on the floor. Store all equipment in the trunk as this will help you to avoid injury when reaching objects.

Ensure that good and comfortable postures are adopted when manual handling from your car.

