



FARM SAFETY CHECK

WHOLE BODY VIBRATION SAFETY CHECKLIST

Whole body vibration is happening when doing many farm chores - like operating machinery or riding an ATV. Whole body vibration (WBV) occurs when the shaking motion of a vehicle is transmitted through the body of the operator. WBV is associated with numerous health effects, including muscle cramping, low back problems, increased heart rate and blood pressure, and disrupted balance and perception.

You and/or your employee(s) can use this form to complete safety checks on your farm. Use the form below to list additional safety checks you think are important when inspecting your farm. Keep the completed forms for follow-up, future reference and inspections. Additional copies of this form can be downloaded at:

<http://umash.umn.edu/umash-farm-safety-check/>

Potential Hazard	Yes	Needs Correction	Date Corrected or Notes
Has routine maintenance been performed on machines?	<input type="checkbox"/>	<input type="checkbox"/>	
Has routine maintenance been performed on seat suspensions? For example, to avoid "bottoming out" on rough terrain.	<input type="checkbox"/>	<input type="checkbox"/>	
Can the seat be adjusted to improve posture?	<input type="checkbox"/>	<input type="checkbox"/>	
Are suspension seats adjusted for the operator's body weight according to manufacturer recommendations?	<input type="checkbox"/>	<input type="checkbox"/>	
Are operators reducing speed over rough terrain?	<input type="checkbox"/>	<input type="checkbox"/>	
Are operators taking breaks from continuous vehicle operation? Recommended time limits vary, e.g. about 4 hours for ATVs and 12 hours for combines	<input type="checkbox"/>	<input type="checkbox"/>	
Are tires properly inflated?	<input type="checkbox"/>	<input type="checkbox"/>	
When possible, are operators minimizing forward leaning and twisting when driving?	<input type="checkbox"/>	<input type="checkbox"/>	
Are operators avoiding lifting materials immediately after long periods of driving?	<input type="checkbox"/>	<input type="checkbox"/>	

Name of person completing safety check: _____ Date completed: ____/____/____

SEE THE NEXT PAGE FOR ADDITIONAL RESOURCES



FARM SAFETY CHECK

WHOLE BODY VIBRATION

Additional Hazards	Yes	Needs Correction	Date Corrected or Notes
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

ADDITIONAL RESOURCES

[Whole Body Vibration](#)

Great Plains Center for Agricultural Health

<https://gpcah.public-health.uiowa.edu/outreach-2/topics/whole-body-vibration/>

[Farming Machinery Whole Body Vibration and Back Pain](#)

University of Iowa College of Public Health

<https://www.youtube.com/watch?v=5nsiucXjQuU>

[Whole Body Vibration in Agriculture](#)

National Farmers Union- UK

<https://www.nfonline.com/cross-sector/farm-business/health-safety-and-wellbeing/health-safety-and-wellbeing-news/whole-body-vibration-in-agriculture/>

[Whole-Body Vibration in Agriculture: CEMA Practical User's Guide](#)

European Agricultural Machinery Industry Association (CEMA)

https://www.cema-agri.org/images/publications/brochures/CEMA_PT20_-_2009_12_23_-_WBV_practical_users_guide.pdf

[Agriculture: Vibration](#)

United Kingdom's Health and Safety Executive (HSE)

<http://www.hse.gov.uk/agriculture/topics/vibration.htm>

The facts and information provided are suggestions for your safety, but are in no way a comprehensive and exhaustive list of all actions needed to ensure your safety, and are not an endorsement of any products mentioned.

For additional Farm Safety Check topics and resources, visit: <http://umash.umn.edu/umash-farm-safety-check/>

To receive Farm Safety Check topics via email, join the UMASH email list at <http://umash.umn.edu/join-our-email-list>

The Upper Midwest Agricultural Safety and Health Center (UMASH) is a Center of Excellence in Agricultural Disease and Injury Research, Education, and Prevention funded by NIOSH cooperative agreement U54OH010170.

umash.umn.edu

Updated October 2019