



A driver's neck and shoulders become tense during long periods of sitting and driving.

The body stiffens up after prolonged sitting, negatively affecting blood circulation.

Bone movement, such as shifting between load and release, lubricates joints and brings nutrients to spinal discs.

DRIVING EXERCISES



Back pain? A stiff neck? Driving a truck takes a toll on the body, so Scania offers smart tips for better health. Here are some simple exercises to do inside and outside of the cab. Text: Ylva Carlsson Illustration: Kjell Thorsson





Roll your shoulders back in a large circular motion to release tension and increase blood circulation. Repeat several times.



a) Raise your shoulders up towards your ears and breathe in at the same time. Hold for three seconds.



b) Drop your shoulders and breathe out at the same time. Lower and push your shoulder blades together for three seconds. Repeat a few times.



c) Pull your chin in to loosen up your neck. Repeat a few times.



The small changes we suggest can make a big difference.”

Lotta Hallin, Scania Driver Care

COMPREHENSIVE STUDIES OF DRIVING CONDITIONS

Scania Driver Care is a concept developed by health specialists at Scania to motivate drivers and fleet owners to take health issues more seriously.

■ “We’re convinced that investing in a long-term programme that takes on wellness and the working environment makes drivers healthier,” says Gunnar Hedlund, one of the concept’s developers. “It will also pay off rapidly.”

The initiative is based on extensive studies of drivers and their working conditions. One hundred truck drivers from Sweden, Poland and Austria were interviewed about their eating habits, exercise and health. It was clear that many of them were sitting still too much and their meals were not varied enough.

Based on the results, a programme was devel-

oped to cover such issues as ergonomics, health, exercise and diet.

So far, Scania Driver Care has been presented at about 30 events in Sweden, Austria, Italy and Germany. At these events, health educators, ergonomists, occupational health nurses and masseurs explained the concept, answered questions and inspired participants.

Lotta Hallin, an occupational health nurse, and Ida Söderström, a health promoter, have participated in several of the events. “Drivers respond very positively to the fact that we take note of their working conditions,” says Hallin. “They realise that

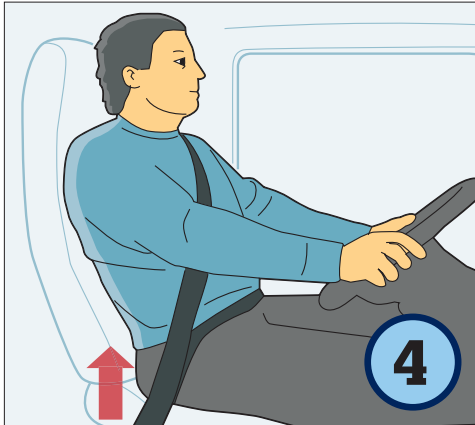
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Scania Driver Care has been continuously adjusted and improved, thanks to suggestions from drivers and fleet owners. The feedback has included requests for more comfortable seats and the ability to adjust the height of the seatbelt.

“This has been valuable input for further work,” Hallin says. “Drivers’ needs are different, and we are pleased that we can contribute with inspiration and practical advice.”



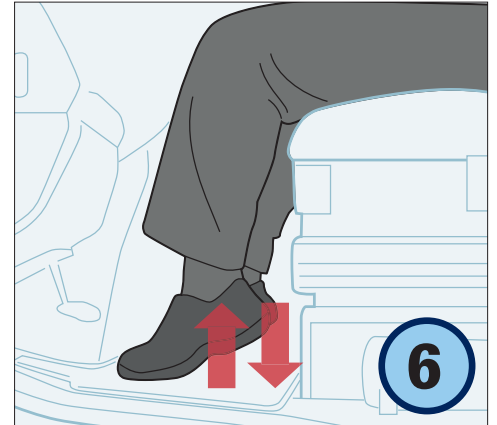
Open your mouth wide a few times to loosen up your jaws, then move your lower jaw from side to side.



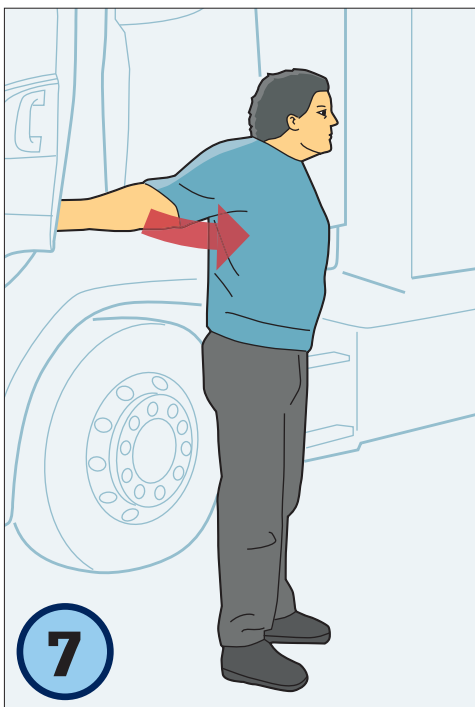
Tighten your buttock muscles so that you rise up from the seat. This relieves and increases the flow of blood. Relax and drop down. Repeat a few times.



Bend and arch your lower back to limber up. Repeat a few times.



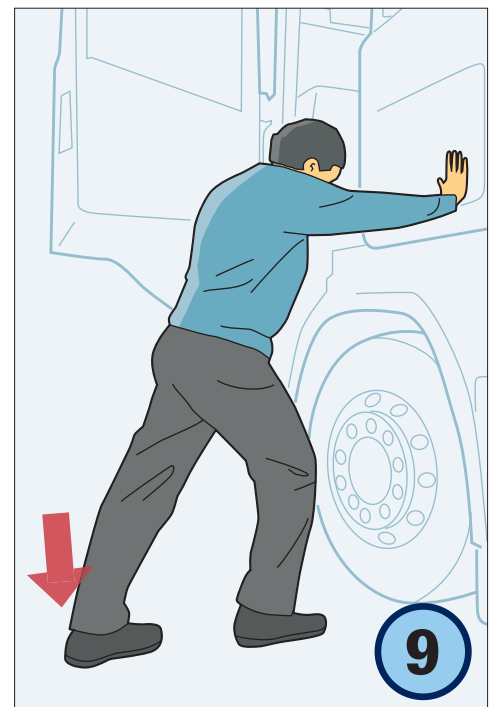
Engage cruise control and move your feet up and down to warm up. This is to prevent blood clots in your veins.



Place the palm of one hand against the inside of the door. Turn your body away from your arm, so that it stretches at the front of the shoulder. Change sides. Hold for 15–30 seconds for each exercise. Repeat several times.



a) Place one heel on the boarding step, gently bend your knee.
b) Place your hands on your back. Bend forward over your leg, keeping your back straight so that the back of your leg stretches. Change sides. Hold for 15–30 seconds for each exercise. Repeat several times.



Bend forward with your hands against the cab. Move one foot back. Push your heel down so that you feel tension in your calf muscle. Change sides. Hold for 15–30 seconds for each exercise. Repeat several times.

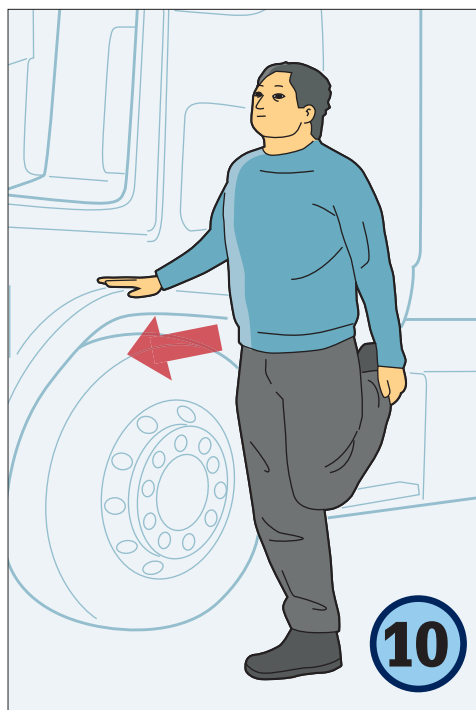


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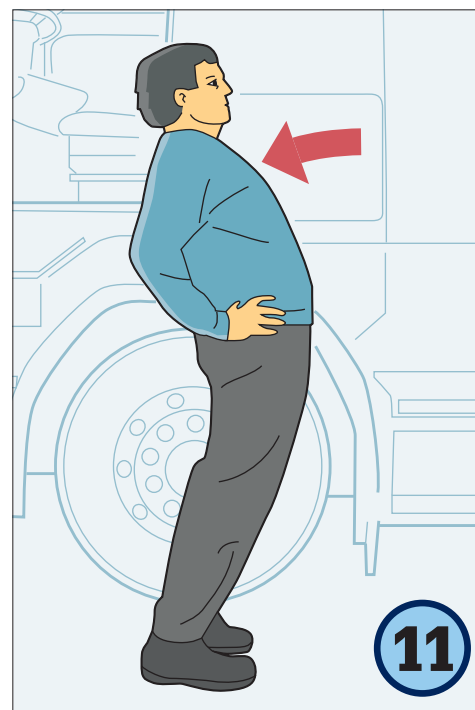
Gunnar Hedlund, Scania Driver Care

WEB EXTRAS

■ Check out scania.com for an instructional film featuring all the exercises mentioned in this article.
www.scania.com/drivercare



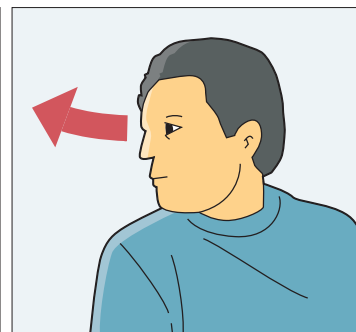
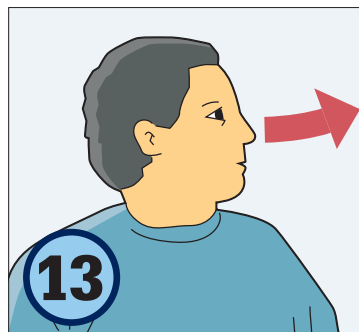
Grab your ankle, keep your knees together and push your hip forward. You can feel the tension in your thigh and the front of your hip. Change sides. Hold for 15–30 seconds for each exercise. Repeat several times.



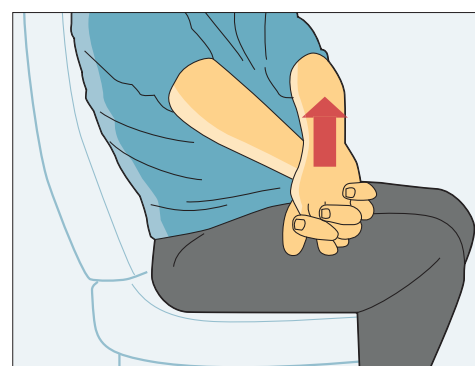
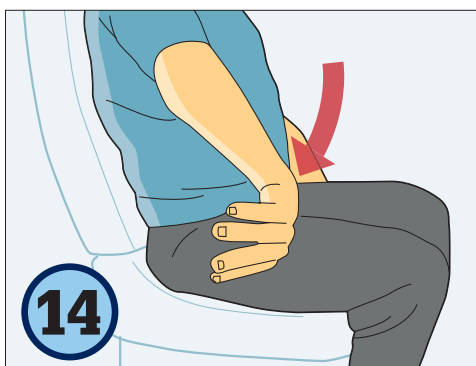
Place your hands below the curve of your back. Gently bend backward as far as possible. Repeat 5–10 times.



Lean your ear down towards your shoulder, and feel the tension in your neck muscles. Change sides. Hold for 15–30 seconds.



Turn your head gently as far as you can to the left and right.



Turn your hand backward/outward. Grip with your other hand and pull upward. Change sides.