



# BUS DRIVER BODY MECHANICS

## Bus Drivers Basic Rules and Body Mechanics

- Tell the student what you will be doing.
- Estimate the weight of the student.
- Never attempt to carry a student alone if they are too heavy—ask for assistance.
- Bend your knees instead of your back—keep your back straight.
- Be sure your path is clear.
- Stand with both feet firmly planted, about shoulder width apart for good balance.
- Take small steps.
- Never twist your body while lifting or carrying.
- Keep the person close to you and proceed with caution.

Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and joint range of motion. Stretching activities are an important part of any exercise or rehabilitation program. They help warm the body up prior to activity thus decreasing the risk of injury as well as muscle soreness.

### Increased flexibility and joint range of motion:

Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to diminish as you get older, but you can regain and maintain it.

### Improved circulation:

Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.

### Better posture:

Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.

### Stress relief:

Stretching relaxes tight, tense muscles that often accompany stress.

### Enhanced coordination:

Maintaining the full range-of-motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.

## Stretch before starting your day

### Arm Stretches

#### *Arm Rotations*

Raise both arms out to the sides, keeping your elbows straight. Make small circles with your arms, first forward, then backward.



#### *The Wave*

Raise both arms above head and hold for 10 seconds. Bring hands down and repeat.

### Head Rolls

Slightly tilting your head to one side start, slowly roll your head in a complete circle and do the same in the opposite direction.



### Leg Stretches

Place one hand on a vertical surface (bus or wall) and leaning in place move the same leg in a bent position to form a lunge. To help with balance, rest the opposite hand on your lower back and bring the opposite leg forward bending at the knee. Hold the position stretching your leg muscles and then do the opposite leg.



### Trunk Twist

Place both hands at waist and turn slowly to each side, holding the stretch before turning to the other side.

