

## **Properly Grip the Steering Wheel**

Properly gripping the steering wheel can have a major impact on a driver's health and wellness. The common method is to position hands on the steering wheel in the "10 and 2" position at all times, but this practice could lead to several types of injuries.

In theory, a higher grip allows a driver to react to a hazard without jerking the wheel and over-correcting, but air bags have changed that line of thinking. During a collision, the airbag will explode at more than 100 mph, protecting the driver's head and chest from slamming into the front of the vehicle. With hands positioned at "10 and 2" or higher on the steering wheel, a driver's arms can get thrown back into his



or her face upon airbag deployment and cause additional injuries to the head, face, and arms.

Another risk of injury involves the constant vibration felt through the hands. Prolonged exposure can lead to injuries related to carpal tunnel syndrome, hand pain, and numbness. To avoid this, try rotating hand positions frequently and stretching the wrist to prevent prolonged pressure to the nerves in the wrist. Also, keep hands and wrists aligned with the forearms and avoid gripping the wheel tightly. Continually shift hand positions, and remember to regularly bend the wrists and relax the fingers to help relieve pressure and increase blood flow.

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#### **Knowledge Verification**

Driver's Name:	_ Emp/Unit #:	—
Please answer, and forward a completed copy to your Safety Department/Safety Representation	ative.	
1. Always placing your hands at 10 and 2 is the best steering wheel position to maintain.	☐ True ☐ Fa	ılse
2. Regular hand exercising and movement helps prevent carpal tunnel from vibrations.	☐ True ☐ Fa	ılse
3. Injury can occur from incorrect hand position when an airbag deploys.	□ True □ Fa	alse

3. True 2. True Answers:

# Recommended Videos

At Old Republic Canada, we value safety and education. Our online Learning Library is a tool our customers can use to enhance their training efforts and keep safety on the forefront of their employees' minds. Below are some additional titles that can be accessed on any mobile device, computer, or tablet. Simply go to http://orican.infinit-i.net to get started.

## Value-Driven™ Driving:

Preventing Lane Change Crashes Preventing Rear-End Crashes

### Driver Skills (Basic):

- **Tailgating**
- Speed Management





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