

Post Office review of current vehicle fleet and new vans

XXXXXXXXXX

09/09/21

Purpose

This review was conducted at the request of the IOM post office. The aim of the review was to assess the current vehicles in relation to their suitability from an ergonomic / physical health perspective. This will aid future purchases and support the wellbeing of the IOM post office staff.

Process

The review took place on the 09/09/21 at the main depot in Douglas and also on the 13/09/21 at Peel sub post office. Present at the Douglas review was XXXXXXXXXXXXXXXXXXXX and XXXXXXXXXXXXXXXXXXXX Peel

Assessment

Each vehicle was assessed and rated for suitability 1 (poor) – 5 (excellent).

Vehicle features	Ford custom medium	Nissan Electric	Transit Large	Maxus Medium	Vauxhall	Ford connect small (being replaced)
Adjustability of seat	5	3	3 (adjustability was good but hard side causing difficulty when getting out)	5	1	4
Leg room (ability to move seat back)	5	5	5	5	1	1
Step in to drivers cab	4	5	1	5	1	1
Head height in to cab	5	5	5	5	1	4
Surface in back of van	1	N/A		5	1	N/A

Handle on drivers door	3		5	5		
Access in to back of van	3					

Additional comments

- 1) Doors – access on both sides of the vehicle is essential for moving and handling of parcels. This will assist with the ability to transfer parcels safely protecting the back but also gives the opportunity to swap sides reducing the repetitive nature of the job
- 2) Due to the time spent seated it is important that the seat is of good quality and that there is no sagging or damage to the springs. Lack of good seating can lead to compression issues on the ischial tuberosity and onset of lumbar spine pain
- 3) The ability to get in and out of the vehicle with as little effort is paramount when it is being done 200 x per day. Therefore, the ability to step up in to the van in increments (2 stage step) is helpful plus ensuring that there is no lip to repeatedly step over will help reduce the load placed on the hips and knees
- 4) Drivers door – the door handle needs to be firm and easy to grip and the hinges need to move smoothly with min effort as opening and closing the door is a repeated action and poses a risk to upper limb repetitive injuries.
- 5) Flooring in the back of the van needs to be none slip and well secured, to ensure that in wet weather the risk of injury is not heightened
- 6) Rotating in and out of the vans is a repeated activity so this process needs to be smooth and not hindered by a hard ridge at the side of the seat which the member of staff needs to push over each time they exit the vehicle.
- 7) Maximum adjustment of the drivers seat is imperative. With the nature of all staff being all different shapes and sizes one type of van is not going to suit all. Therefore, adjustable lumbar support, seat height and back rest allows the member of staff to adjust the seat to suit their physique
- 8) In some of the vans it was noted that the drivers seat could not move backwards due to the partition. This makes it difficult for taller drivers resulting in a poor lumbar spine posture and potential back pain.
- 9) Height of the roof for entering and exiting the vehicle needs to be such that the staff member does not need to stoop repeatedly.
- 10) Aircon – Although we don't get many hot days, aircon is important to ensure the staff member is comfortable and not too hot causing dehydration and increasing risk of injury.
- 11) Vauxhall is of concern for several reasons:-
 - A) High step in to back of van (no interim step)
 - B) Unable to stand up in back of van
 - C) Flooring in back will be slippery
 - D) Need to duck to get in and out of cab
 - E) Due to the step in to the cab driver has to twist to get in and out

- F) Lack of ability to move seat back due to partition and short rails for seat to move on
- G) No lumbar spine support
- H) Visibility reduced due to roof coming down low in to windscreen

Recommendations

- 1) Ensure sample vehicles are used before purchase and get a range of staff of different physiques to use them and feedback prior to purchase.
- 2) Consider purchasing seat wedges and Lumbar spine supports for use in vehicles that cannot be adjusted to meet the needs of the staff member
- 3) There is a great deal of knowledge within the team on the ground as to what is required and what are the pro's and cons of certain vehicles. Utilising this knowledge will be important going forward and my thanks go to them for guiding me around the different vehicles.