

IMPORTANCE OF SUSPENSION SEAT MAINTENANCE AND SERVICING



Neglecting to maintain and service your vehicle's suspension seat can leave you open to three types of risk:

- Whole Body Vibration – which can have comfort, performance, health and safety implications
- Impeded Ergonomics – which can result in Occupational Overuse Syndrome
- Financial implications in the event of complete seat replacement

Like all other parts of a vehicle's drive train, a driver's suspension seat in commercial vehicles or mobile plant equipment requires ongoing care and maintenance to retain its maximum performance. When a seat is new, its performance is at its peak. During the normal

body through the feet, buttocks and back. Thus, industry regulations necessitate suspension seats are designed and manufactured to stringent international standards for the reduction of Whole Body Vibration (WBV).

If suspension seat components are left un-maintained and thus become excessively worn, they will be less effective in the absorption of harmful levels of WBV. Since absorption of WBV is the seat's principal duty, this is a critical performance failure. Such a failure can have severe implications.

Ongoing exposure to harmful levels of WBV has cumulative effects such as fatigue, headaches, weakness and reduced concentration. Long-term exposure to dangerous levels of WBV can have more severe effects including abdominal pain, intestinal irritation, increased heart rate, increased blood pressure, piles, and vision and balance problems. Therefore,

vide ergonomic support and comfort.

Back recline adjustment, height adjustment and lumbar support controls also provide key adjustability for individualised ergonomic needs. The functionality and regular use of these controls is imperative to preventing Occupational Overuse Syndrome.

Aside from the obvious health and ergonomic implications of neglecting to service and maintain your seat, financial implications also exist. Letting your seat components wear excessively will necessitate complete seat replacement. Bearing kits, centre pin bushings and replacement dampers are low cost items. Thus, regular servicing and replacement of seat components is significantly cheaper than complete seat replacement.

In order to ensure your seat is operating at optimum performance, it is recommended a daily check be done to ensure your seat is functioning correctly before starting vehicle operation.

It is fairly easy so inspect the functionality of the slide rails adjustment, lumbar support, weight tensioner adjustment, height riser levers, damper control and seat recline. Bearings and tolerances can be checked by assessing the lateral side to side and fore aft movement in the suspension to give an indication of the amount of wear. Excessive wear on any part, including seat foams, should be addressed immediately.

It is also recommended you contact a specialised seat repairer or the seat manufacturer and request a free audit on an annual basis. This will ensure your seat remains in optimum working order and therefore ensures you are protected from Whole Body Vibration, ergonomic and financial risks. **EE**

SUSPENSION SEATING PLAYS A VITAL ROLE IN THE COMFORT, PERFORMANCE, SAFETY AND HEALTH OF DRIVERS.

course of operation, over time, the moving parts of a seat will wear just like any other moving part of a vehicle. Components such as bearings, pins, dampers, adjustment levels, controls and seat foams are common wear points. These components should be monitored to ensure they don't become excessively worn.

When operating a vehicle, the driver is subjected to Whole Body Vibration which enters the

suspension seating plays a vital role in the comfort, performance, safety and health of drivers. Thus, vehicle seating should be treated as personal protective equipment (PPE).

Seat foams endure high levels of vibration and absorb sweat and other workplace contaminants. This, coupled with being subjected to the constant weight and movement of the driver for extended periods of time, can cause deterioration that reduces the ability to pro-