Measurement of Whole-Body Vibration in Taxi Drivers

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Abstract: Measurement of Whole-Body Vibration in Taxi Drivers: Mitsuhiko Funakoshi, et al. Kyushu Institute for Social Medicine—In a previous epidemiological study we reported that the prevalence (45.8%) of low-back pain (LBP) and the two-year incidence (13.0%) of LBP in 284 male taxi drivers in Japan was comparable with rates reported for other occupational drivers in which LBP frequently occurs³. LBP was significantly related with the suitability of the driver’s seat, total mileage on the taxi, level of uncomfortable road vibrations, job stress and time employed as a taxi driver. Importantly, the prevalence of LBP increased as total mileage increased, a finding that had not previously been reported. Therefore, the findings of this study also suggest that ergonomic problems with driver’s seat pans, whole-body vibration (WBV) and job stress may contribute to LBP in taxi drivers. We concluded that WBV during normal use of taxis should be measured to evaluate the relationship between WBV and LBP.

In a previous epidemiological study we reported that the prevalence (45.8%) of low-back pain (LBP) and incidence (13.0%) of LBP in 284 male taxi drivers in Japan was comparable with rates reported for other occupational drivers in which LBP frequently occurs³. LBP was significantly related with the suitability of the driver’s seat, total mileage on the taxi, level of uncomfortable road vibrations, job stress and time employed as a taxi driver. Importantly, the prevalence of LBP increased as total mileage increased, a finding that had not previously been reported. Therefore, the findings of this study also suggest that ergonomic problems with driver’s seat pans, whole-body vibration (WBV) and job stress may contribute to LBP in taxi drivers. We concluded that WBV during normal use of taxis should be measured to evaluate the relationship between WBV and LBP.

Key words: Low-back pain, Whole-body vibration, Total mileage, Taxi driver

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hours of WBV. The aim of this study was to measure vibration on the driver’s seat pan in taxis with a measuring instrument that we had developed to measure long-duration WBV\(^{1,2}\). The results were evaluated according to the health guidelines in the International Standard ISO 2631-1\(^{19}\). Finally, the relationship between total mileage and WBV was investigated, which showed the prevalence of LBP to increase as total mileage increased.

**Vehicles and Methods**

**Vehicles**

Primarily 2 different types of special cars (Nissan Motor Co., Ltd., Crew; and Toyota Motor Corp., Comfort) are being used as taxis in Japan. We conducted the assessment of working conditions and WBV under actual working conditions with 12 of the Nissan Crew taxis (Nissan Motor Co., Ltd., Crew, 2000 cc displacement) and 12 drivers (mean age 53.8, mean body weight 64.9 kg; range 49-83 kg) from the same company. Because the prevalence of LBP increased when total mileage exceeded 150,000 km, 2 cars were selected from the under 100,000 km, 100,000-150,000 km, and 150,000-200,000 km total mileage categories, and 6 cars were selected from the over 200,000 km category, in order to examine the relationship between total mileage and WBV. WBV in the taxis was measured for over 4 h as they were driven around Fukuoka City, Japan, under normal conditions. The roads in the area were fully paved and without excessive bumps. We therefore estimated that road conditions among taxis were similar. Vibration could not be completely measured throughout all the driving hours, but we estimated that the resulting values were representative of the true WBV experienced by the taxi drivers under different kinds of driving conditions, such as acceleration, deceleration and stopping.

**Methods**

WBV was measured on the driver-seat pan of the taxis under actual working conditions, according to the requirements of International Standard ISO 2631-1\(^{19}\). The company drivers worked an 18-h shift (0730-0130) every 2 d (18 h on; 30 h off). Therefore, measurement was performed from commencement of work up to the limit imposed by the capacities of the electrical batteries. WBV was measured at the driver-seat interface by using a RION PV-62 triaxial seat pad accelerometer. The 3-axis recorded signals were amplified, converted to voltage and filtered (1 Hz<) with a RION VX-10 3-channel charge amplifier and acquired at 1,000 samples per second with 16 bit resolution digitization in a TEAC Co., Ltd. DR-C2 PC Card recorder. From one-third octave band frequency spectra (1-80 Hz) of the signal recorded in the back-to-chest direction (x-axis), right-to-left direction (y-axis) and vertical direction (z-axis), frequency-weighted root-mean-square (r.m.s.) accelerations \(a_x, a_y, a_z\) were obtained by using the weighting factors suggested by ISO 2631-1. The results were evaluated according to the health risk guidelines in Annex B of ISO 2631-1. Regarding comfort, the results were evaluated according to the health risk guidelines in Annex C of ISO 2631-1.

The 3 different working conditions (driving, idling and engine-off) were identified by using both the WBV results and the driving records from tachometers (Fig 1). We could distinguish the 3 different working conditions by the WBV results during the WBV-measurement period. Total driving time was obtained by adding up driving time both in and outside the WBV-measurement period. Finally, total driving time was defined as total time exposed to WBV. The total mileage of each taxi was confirmed from company records.

![Fig. 1. Structure for measuring time.](image)
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Table 1. Driving time, WBV magnitude and total mileage

<table>
<thead>
<tr>
<th>Taxi</th>
<th>Total mileage (km)</th>
<th>WBV-measurement periods</th>
<th>Recorded tachometer periods</th>
<th>Total driving time (h:m)</th>
<th>( a_x ) (m/s²)</th>
<th>( a_y ) (m/s²)</th>
<th>( a_z ) (m/s²)</th>
<th>Health (m/s²)</th>
<th>Comfort (m/s²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>58.032</td>
<td>9:06</td>
<td>3:59</td>
<td>4:10</td>
<td>8:09</td>
<td>0.30</td>
<td>0.14</td>
<td>0.15</td>
<td>0.42</td>
</tr>
<tr>
<td>B</td>
<td>96.320</td>
<td>10:31</td>
<td>7:04</td>
<td>2:50</td>
<td>9:54</td>
<td>0.34</td>
<td>0.14</td>
<td>0.18</td>
<td>0.47</td>
</tr>
<tr>
<td>C</td>
<td>129.888</td>
<td>17:55</td>
<td>11:50</td>
<td>0:14</td>
<td>12:04</td>
<td>0.33</td>
<td>0.18</td>
<td>0.23</td>
<td>0.52</td>
</tr>
<tr>
<td>D</td>
<td>142.486</td>
<td>17:16</td>
<td>6:06</td>
<td>0:39</td>
<td>6:45</td>
<td>0.31</td>
<td>0.17</td>
<td>0.18</td>
<td>0.46</td>
</tr>
<tr>
<td>E</td>
<td>166.431</td>
<td>14:54</td>
<td>8:59</td>
<td>2:52</td>
<td>11:51</td>
<td>0.32</td>
<td>0.18</td>
<td>0.19</td>
<td>0.49</td>
</tr>
<tr>
<td>F</td>
<td>170.000</td>
<td>17:39</td>
<td>14:01</td>
<td>1:25</td>
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<td>0.31</td>
<td>0.16</td>
<td>0.14</td>
<td>0.43</td>
</tr>
<tr>
<td>G</td>
<td>240.426</td>
<td>7:41</td>
<td>5:51</td>
<td>7:10</td>
<td>13:04</td>
<td>0.29</td>
<td>0.15</td>
<td>0.14</td>
<td>0.40</td>
</tr>
<tr>
<td>H</td>
<td>242.303</td>
<td>15:36</td>
<td>11:03</td>
<td>1:40</td>
<td>12:43</td>
<td>0.31</td>
<td>0.15</td>
<td>0.16</td>
<td>0.43</td>
</tr>
<tr>
<td>I</td>
<td>244.385</td>
<td>15:04</td>
<td>12:57</td>
<td>3:34</td>
<td>16:31</td>
<td>0.29</td>
<td>0.16</td>
<td>0.16</td>
<td>0.43</td>
</tr>
<tr>
<td>J</td>
<td>266.952</td>
<td>16:11</td>
<td>11:31</td>
<td>1:40</td>
<td>13:11</td>
<td>0.30</td>
<td>0.16</td>
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<tr>
<td>K</td>
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<td>8:53</td>
<td>2:15</td>
<td>11:08</td>
<td>0.30</td>
<td>0.16</td>
<td>0.15</td>
<td>0.41</td>
</tr>
<tr>
<td>L</td>
<td>302.000</td>
<td>16:55</td>
<td>11:03</td>
<td>0:51</td>
<td>11:54</td>
<td>0.26</td>
<td>0.13</td>
<td>0.13</td>
<td>0.37</td>
</tr>
<tr>
<td>Mean 1</td>
<td>196.608</td>
<td>14:29</td>
<td>9:26</td>
<td>2:26</td>
<td>11:53</td>
<td>0.31</td>
<td>0.16</td>
<td>0.16</td>
<td>0.44</td>
</tr>
<tr>
<td>Mean 2</td>
<td>215.878</td>
<td>14:44</td>
<td>10:39</td>
<td>2:27</td>
<td>12:46</td>
<td>0.31</td>
<td>0.16</td>
<td>0.16</td>
<td>0.44</td>
</tr>
</tbody>
</table>

\( a_x, a_y \) and \( a_z \) are weighted root-mean-square accelerations on the seat pan with respect to the orthogonal axes \( x \), \( y \) and \( z \), according to ISO 2631-1: 1997. Health and Comfort defined by ISO 2631-1:1997 are the vibration total values for evaluation with respect to health and comfort if no dominant axis of vibration exists. Mean 1: All taxis. Mean 2: Except for A, D, C = \( a_x + a_y + a_z \)

Results and Discussion

WBV magnitude and total driving time

Because the mean total driving time of the measured taxis was 11:53 h (range 0645–1631), it was clear that the taxi drivers were exposed to many hours of mechanical vibration (Table 1). But, because some drivers attended meetings during working hours on the days of measurement, the total driving time of 2 of the 12 drivers was shorter than on ordinary days. Therefore, after taking into account these 2 drivers, the mean total driving time becomes 12:46 h (range 0954–1631).

Table 1 shows the mean values for the \( x \), \( y \), \( z \)-axes frequency-weighted r.m.s. accelerations measured on the seat pan. The \( z \)-axis weighted acceleration was the predominant directional component of vibration measured. The mean \( y \)-axis weighted acceleration was 0.31 m/s² (range 0.26–0.34 m/s²). These vibration magnitudes were smaller than those reported by Paddan and Griffin in a recent survey of occupational exposure to WBV. Their survey found that the mean acceleration (vertical) of 25 cars in Great Britain was 0.43 m/s² (range 0.26–0.75 m/s²). The differences in WBV magnitudes may be due to the types of vehicles, as they measured many types (including small vehicles and four-wheel drive off-road vehicles).

Fig. 2. Spectral analysis of the vertical vibration measured on the seat pans of 12 taxis.

Frequency analysis of the WBV

Frequency analysis of the vertical WBV measured on the seat pan of 12 taxis is shown in Fig. 2. Although there was variation in the spectra for the different measurements, the underlying trend was the same. Frequency analysis of the vibration recorded on the seat pan of taxis showed acceleration peaks at 1–6 Hz and 10 Hz. Biodynamic experiments have shown that the lumbar tract of the spine resonates in the 4–5 Hz frequency range.
in a seated subject exposed to vertical vibration. Under resonance large relative displacements between the lumbar vertebrae take place. Therefore, it was likely that the lumbar tracts of the taxi drivers' spines were overloaded by mechanical vibration during actual driving conditions.

**Health risk and comfort during exposure to WBV in taxis**

According to the European Committee for Standardization (CEN), an axis is regarded as dominant when the weighted r.m.s. value in each of the other two axes, multiplied by 1.4 in the case of x and y axes, is less than 66% of that in the dominant axis. Our results found that there was no dominant axis among the x-, y-, z-vectorial components of the frequency-weighted r.m.s. accelerations. Therefore, the vector sum of the frequency-weighted r.m.s. accelerations, Health, was calculated to evaluate the health risk from exposure to WBV, according to the following formula from ISO 2631-1:1997:

$$\text{Health} = [(1.4a_{x,y,z})^2 + (1.4a_{x,y,z})^2 + a_{x,y,z}^2]^{1/2}$$

Additionally, the vector sum of the frequency-weighted r.m.s. accelerations, Comfort, was calculated to evaluate comfort during exposure to WBV, according to the following formula from ISO 2631-1:1997:

$$\text{Comfort} = (a_{x,y,z}^2 + a_{x,y,z}^2 + a_{x,y,z}^2)^{1/2}$$

Figure 3 shows that the Health values of 10 of the 12 taxis drivers (83%) fall into the "potential health risks" zone. Except for the 2 taxis and 2 drivers that drove for a shorter time, all of the Health values for drivers fell into the "potential health risks" zone.

According to the equation (B.1, Annex B of ISO 2631-1) that gives the lower bound of the "potential health risks" zone, the daily WBV exposure time $T$ was calculated by means of the following equation:

$$T = (600)^2/a_{z}^2$$

Because the mean Health value of the 12 taxis was 0.44 m/s$^2$, the daily permitted WBV exposure time was 10:04 h (range 0533–1057), but the mean total driving time of 12 taxi drivers was about 12 h. Therefore, under the current vibration magnitude conditions, the taxi drivers should not be allowed to drive for 12 h in each shift.

It was clear that the taxi drivers were exposed to serious WBV magnitudes, but the risks of LBP might be reduced by their days off. The role of WBV in the aetiologypathogenesis of LBP is not yet fully understood, but the combination of WBV exposure and ergonomic problems, such as suitability of the driver's seat may increase the risks of LBP. In most cases, only a combination of preventive actions, such as technical prevention aimed at the elimination or reduction of WBV at the source, organizational changes in the work place, personal protection and medical prevention, can be expected to lead to a successful reduction in vibration exposure. Moreover, the EU Directive (2002/44/EC) defines "the minimum health and safety requirements" for the exposure of workers to the risks arising from vibration. For WBV, the Directive defines an 8-h energy-equivalent "exposure action value" (EAV) of 0.5 m/s$^2$. The Directive says that on the basis of the risk assessment, once the EAV is exceeded, the employer shall.
in addition to health surveillance, establish and implement a program of technical and/or organizational measures to reduce to a minimum exposure to mechanical vibration and the attendant risks. Therefore, occupational health and safety management should be carried out to prevent adverse health effects in taxi drivers. In particular, reduction of WBV in taxis and shortening of driving time to reduce duration of WBV exposure should be considered.

In regard to Comfort, the mean value was $0.38 \text{ m/s}^2$ (range $0.32-0.44 \text{ m/s}^2$), equivalent to "fairly uncomfortable" under Annex C of ISO 2631-1:1997, giving an indication of the likely reaction in public transport.

**WBV magnitude and total mileage**

Because our previous epidemiological study found that the prevalence of LBP in taxi drivers increased with total mileage, we had estimated that the Health values of the taxis would also increase with total mileage, but Fig. 4 shows that the Health values had a tendency to decrease as total mileage increased. As decreased hysteresis loss of the load-deflection characteristics of the urethane on the seat pan sometimes results in better response characteristics, it is possible that frequency-weighted r.m.s. accelerations on the seat pan might have a tendency to decrease as total mileage increases. Moreover, because of the rigidity of the body, the characteristics of the suspension, and the deterioration of the tires as total mileage increases, it is possible that frequency-weighted r.m.s. accelerations on the floor and back rest increase. Consequently, it is possible that the prevalence of LBP in taxi drivers might increase with total mileage. This result suggests that, just as was comfort, the health effects of WBV should be further evaluated at the floor and back rest, in addition to the seat-pan evaluation. Therefore, it is necessary in the future to investigate the relationship between total mileage and frequency-weighted accelerations on the seat pan, floor and back rest.

**Conclusion**

Most of the frequency-weighted r.m.s. accelerations of the taxis were within the "potential health risks" zone according to ISO 2631-1:1997. It was clear that the taxi drivers were exposed to serious magnitudes of WBV. Therefore, occupational health and safety management should be carried out to prevent adverse health effects in taxi drivers. In particular, reduction of WBV in taxis and shortening of driving time to reduce the duration of WBV exposure should be considered. Moreover, because many taxi drivers work 18 h every other day, the shortening of working hours and taking of rest breaks while working should be considered.

Frequency-weighted r.m.s. accelerations of the taxis had a tendency to decrease as total mileage increased. It is necessary to further investigate the relationship between total mileage and WBV by taking measurements on the floor and back rest, in addition to the seat pan.

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