



Workshop on Ergonomics for Drivers:

Reducing the Risk of Repetitive Driving Injury (RDI)

January 32 – February 1, 2026 Lagos & Port Harcourt

March 14 – 15, 2026, Lagos & Port Harcourt

April 18 – 19, 2026, Lagos & Port Harcourt

May 30 – 31, 2026, Lagos & Abuja

August 1 – 2, 2026, Lagos & Abuja

September 12 – 13, 2026, Lagos & Abuja

October 17 – 18, 2026, Lagos & Abuja

November 28– 29, 2026, Lagos & Port Harcourt

For Tutor -Led Class: 9am – 4:30pm

Workshop fee: Lagos: N100, 000 per Participant

Abuja / Port Harcourt: N150, 000 per Participant

Available for In-plant Training

Program overview:

Prolonged periods of sitting and driving can place heavy demands on drivers' posture, particularly when sitting in a vehicle with added effects of movement and vibration on the body. Being comfortable and well positioned in a vehicle helps to reduce driver fatigue and the development of "Repetitive Driving Injury" (RDI). The five most common RDIs caused by driving are foot cramp, lumbar pain, stiff neck, side ache and headache/eye strain.

This Driving ergonomics program focuses on the health aspects of driving, drawing upon biology, psychology, engineering and design to create vehicle environments in which Drivers have a lower chance of injuries caused as a result of poor driving posture.

For whom:

This program is design for all company drivers, and corporate dispatch riders. The course will equally be beneficial to Truck Drivers who travel long distances for logistics provision

Learning objectives:

At the end of the program, participants will be able to:

- fit themselves to their vehicles so they can drive in with maximum natural ability of their body to move and respond to physical stress;
- develop a safety mind set and healthy working attitude behind the steering wheels;
- reduce driving related risk of accidents, injuries and illness by avoiding repetitive driving injuries (RDI);
- have proper perception that their employers care for their well-being;
- explain the common risks associated with prolong driving and be able to reduce exposure; and
- achieve drivers' well-being and productivity.

Human Capital Associates Global Consult Ltd is Accredited by Nigeria Council for Management Development (NCMD)

Lagos: Human Capital Associates Global Consult Ltd: Acme House 2nd Floor, Ogbia Industrial Scheme, Ogbia, Ikeja – Lagos

Website: www.hcaglobalconsult.com; Email: info@hcaglobalconsult.com, hcaglobalconsult@gmail.com

Tel: Office Lines: Mon – Fri | 8am-5pm | +234-8051365946, +234-7087578814 (Office Lines)

24/7 Lines: +234-8068933608 (WhatsApp), +234-8029170491 & +234-8145745664(WhatsApp) & +234-9112830607

Course outline

Day 1: Vehicle Ergonomics: An Overview

- Risk Assessment of life-long injury
 - Sitting for long periods of time
 - Incorrect seating position
 - Incorrect posture
 - Making awkward twists and turns
 - Reaching into the foot well or rear of the vehicle
 - Manual handling/lifting of goods in and out of the vehicle
 - Incorrect posture when reaching into the boot
 - Vibration of the road surface.
- Symptoms of Life-Long injury include:
 - Pins and needles'
 - Stiffness after a journey
 - Aching neck or shoulders
 - Chronic back pain
 - Deterioration of the health of the spine
 - Degeneration of spinal discs.

Day 2: Vehicle ergonomics and risk management

- The impact of specific conditions on driving and management
 - Driving Posture,
 - o Seat Height
 - Seat Position,
 - o Tilt of the Seat
- The Inclination of the Seat Back
- Lumbar Support
- Supporting the Thoracic Spine or Rib Cage
 - o Adjusting Your Mirrors,
 - o Seat Belts
- Steering Wheel and Arm Position
 - Steering Height, o Other Factors
- Ergonomic driver set-up
- Remediation

Exercises and stretches for in and out of the car Manual handling for drivers

Training Methodology

Lectures, discussions, exercises, case studies, audio-visual aids will be used to reinforce these teachings/learning methods.

LOCATIONS

1 - HCA Learning Centre. Acme House 2nd Floor, 23, Acme Road, Ogbia, Industrial Scheme, Ikeja, Lagos, Nigeria

2 – FAB By Toprank Hotel, Opposite Old Federal Secretariat Area 1, Garki, Abuja.

3 – Pakiri hotel Ltd., 4 Okwuruola Street, off Stadium Road, Rumuola, Port Harcourt, Rivers State.

In-plant Fee Negotiable

WORKSHOP FEE:

Workshop fee: Lagos: N100, 000 per Participant, VAT-N7,500

Abuja / Port Harcourt: N150, 000 per Participant, VAT-N11,250

Note: this covers Workshop Fee, Tea/coffee break, Lunch, course materials and certificate of attendance.

Payment should be made into our Accounts:

Account Name: Human Capital Associates Global Consult Ltd.

Union Bank of Nig. PLC: Account No: 0097961537

First Bank of Nig. PLC: Account No: 2033683960

Keystone Bank Ltd.: Account No: 1007150325

**For Booking / Enquiry, Call: 234-8051365946, 234-7087578814
24/7 Lines: 234-8068933608, 234-8029170491, 234-8145745664, &
234-9112830607**