

Top Five Ways

To Make Your Cab More Comfortable for the Long Haul

If you are a truck driver, you know how many long hours you spend on the road. If you are uncomfortable in your cab, they can feel even longer. Hours and days spent sitting behind the wheel can wreak havoc on your neck, back and hips if you aren't careful.

The good news is, with a bit of thought and consideration, you can make your cab much more comfortable. If you follow these five tips for a healthier driving lifestyle, you will avoid long-term pain and start to enjoy your time on the road much more.

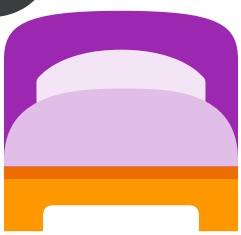
1



Your Seat

If you are looking to make your seat a bit easier to sit in for more than 30 minutes at a time, look for a seat cover that includes lumbar support. You may also want to find some sort of seat cushion that supports your posture, keeps your back in a healthy position and prevents you from slouching behind the wheel.

2



Your Bed

Invest in a quality mattress pad, good pillows and warm blankets. If there is a window in your cab that lets the light in when you are trying to sleep, install a small curtain or light-blocking window film. Also, consider buying earbuds to block out exterior noise and a sleeping eye mask to keep out any other light.

3



Small-Space Storage

Small bins, hanging laundry bags and other organizers can help you keep your belongings both in reach and out of the way. You don't have to spend a lot of money to organize your cab. Knowing where all of your belongings are will reduce your stress levels and keep you more relaxed while you drive.

4



Eating Away from Home

Purchase a small mini-fridge or at least a cooler. Stock up on healthy foods you can eat on the go. Salad items are easy to pack and you can often find a small microwave at the local truck stop to reheat any hot meals you choose to pack. This small step can have huge rewards on your overall health.

5



Exercise

While you're on the road, you should stretch out a few times a day and keep up on your physical fitness. Hand weights can be easily stored in a bag and taken out once or twice a day. You can roll up an exercise mat and lay it out on the ground the next time you stop. Get creative, and look for ways you can stay in shape while you are on the road. There is no doubt that you will be more comfortable if you stay physically fit.

Learn more at:

EncoreProtection.com

