



Prolonged periods of sitting can place heavy demands on our posture, particularly when sitting in a vehicle due to added effects of movement and vibration on the body. Being comfortable and well positioned in a vehicle aims to reduce driver fatigue and the development of musculoskeletal disorders.

Make small adjustment to driving posture every 30-60 minutes. Even good posture can cause discomfort. Take 15 minute breaks every 2 hours of driving. Incorporate postural stretches and walking

- 1. Seat Height
- **2.** Raise the seat to ensure the driver has maximum vision of the road.
- **3.** Ensure there is adequate clearance from the roof

2. Lower Limb Position

Knees should be bent, in order to comfortably operate the accelerator/clutch and break. The steering wheel should not come into contact with the top of the legs.

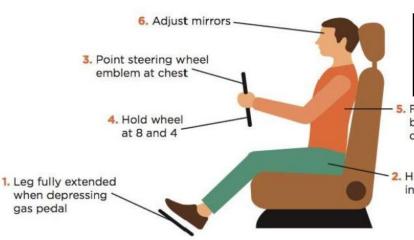
3. Seat Pan

Thighs supported along the length of the cushion.

Avoid pressure behind the knees.

4. Back Rest

Adjust the backrest so it provides continued support along the length of the back. Shoulders slightly behind the hips.



5. Lumbar Support

The lumbar support whether adjustable or not, should provide comfort with no pressure points or gaps between the spine and car seat. A S-shape spine is a safe spine.

6. Steering Wheel

- All objects and controls should be in easy reach to prevent unnecessary reaching.
- Elbows and shoulders should be in a relaxed position with hands positioned below shoulder level.
- Check for clearance of thighs and knees. (Allow 2-3 cm.)
- Ensure display panel is in full view and not obstructed.
- A good test is to put your arms straight in front (above the top of the steering wheel), the top of the wheel should sit at approximately wrist level.

7. Headrest

The neck should be in a neutral position, with the headrest positioned centrally behind the head.

8. Mirrors

Adjust the rear view and side mirrors to ensure adequate vision of surrounding areas.

5. Fully supported by the back of the seat

 Hips and knees in a line