



# Vehicle Ergonomic Self-assessment

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.

