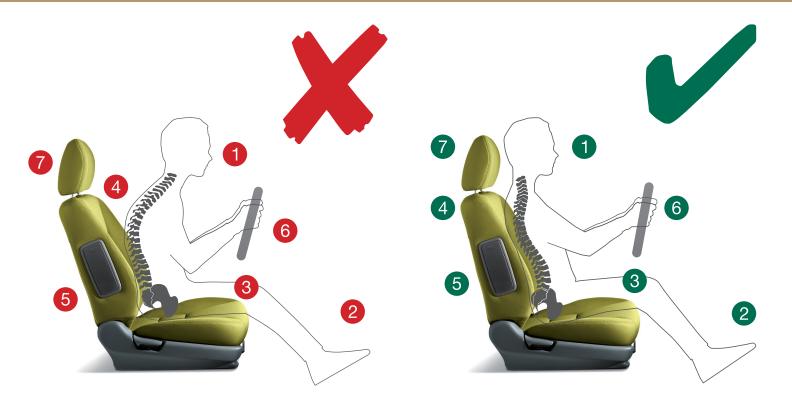
## **Car Ergonomics**

**Checklist** 



## Make the following adjustments **BEFORE** driving off

- 01. Raise seat as high as is comfortable to improve vision of road, ensuring adequate head clearance on roof
- 02. Slide seat forward until feet can fully depress all pedals without stretching
- 03. Tilt seat cushion to support length of thighs, avoiding pressure on back of knees
- 04. Adjust back rest to support length of back up to shoulders and allow easy reach of all hand controls
- 05. Ensure backrest is correctly adjusted to provide even pressure in the lumbar region of the spine.
- 06. Adjust steering wheel for comfortable reach (shoulders relaxed and elbows slightly bent), without obstructing knee clearance or view of display panel
- 07. Adjust head rest to reduce risk of injury in the event of a car accident

Repeat to fine tune adjustments as necessary

- 08. Adjust all mirrors to maximise view of road
- 09. Position Sat Nav within visual field, but without obscuring view of road
- Initially pair bluetooth headset with phone. If a handsfree cradle device is subsequently fitted ensure it does not obscure vision

Now you have completed your ergonomic self check prior to driving

## Remember

- Change your posture regularly even good posture can cause discomfort
- Take a break from driving every two hours for at least 15 minutes
- Avoid using your car as an office
- Report driving discomfort to your Line Manager

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