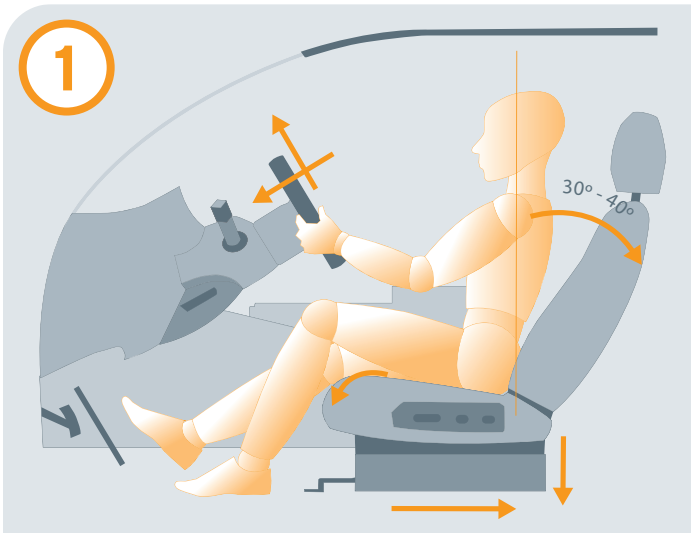


Set Your Driving Position

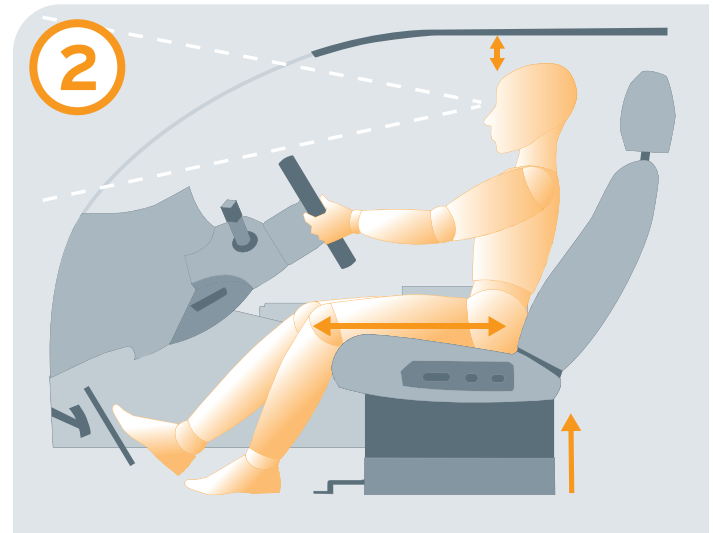


ROAD SAFETY
AT WORK



Start with the seat in the *initial* set up position.

- Set seat at lowest height; move it all the way back
- Recline back rest about 30 - 40 degrees from vertical
- Tilt seat cushion so front edge is in lowest position; back off lumbar support adjustment
- Tilt steering wheel fully upwards and forward (away from you)



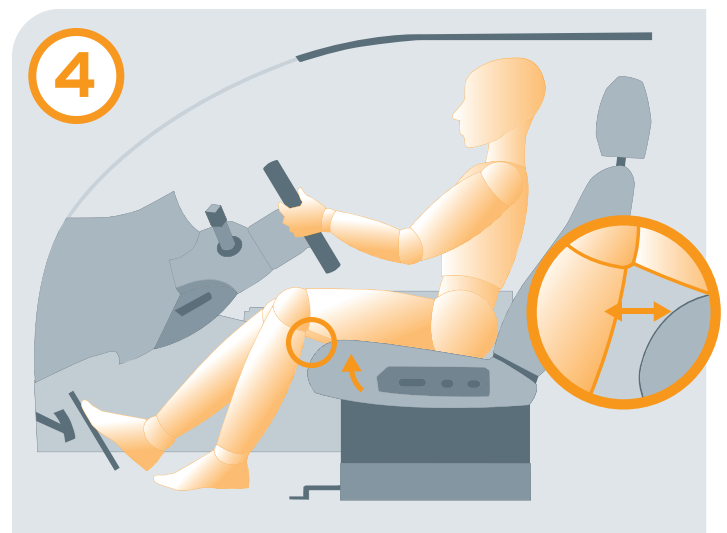
Raise the seat to improve your view of the road.

- Hips should be about level with knees.
- Ensure there's enough clearance between your head and the roof. If you are craning your neck to see stoplights, your seat is set too high.



Move the seat ahead until you can easily depress the accelerator and brake pedals without pulling your back away from the backrest.

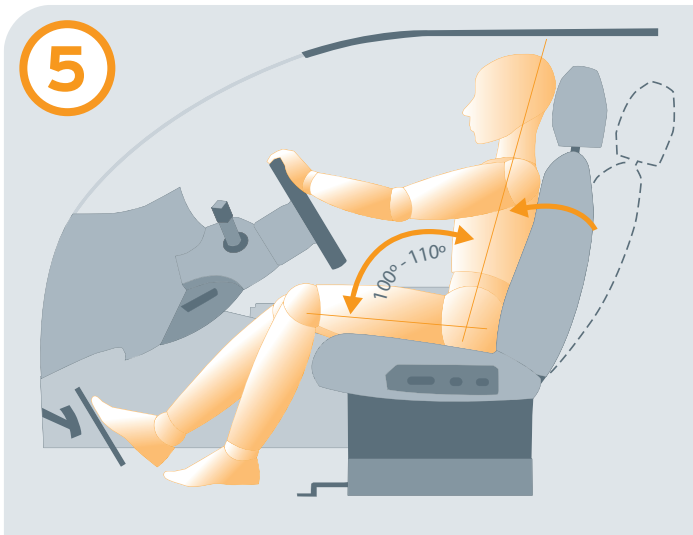
- Adjust the seat so you can fully depress the pedals and still have a slight bend in your right leg.



Tilt the seat cushion up so it contacts your thighs and supports them along the length of the cushion.

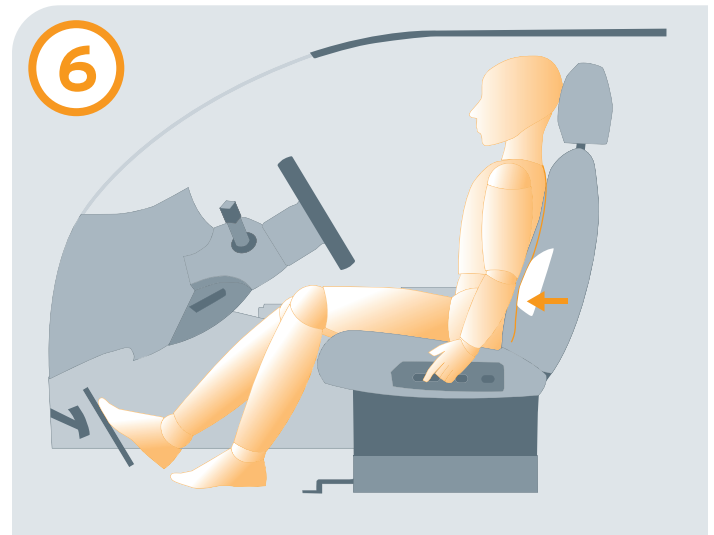
- There should be at least a two-finger gap between the back of your knee and the seat.

Set Your Driving Position



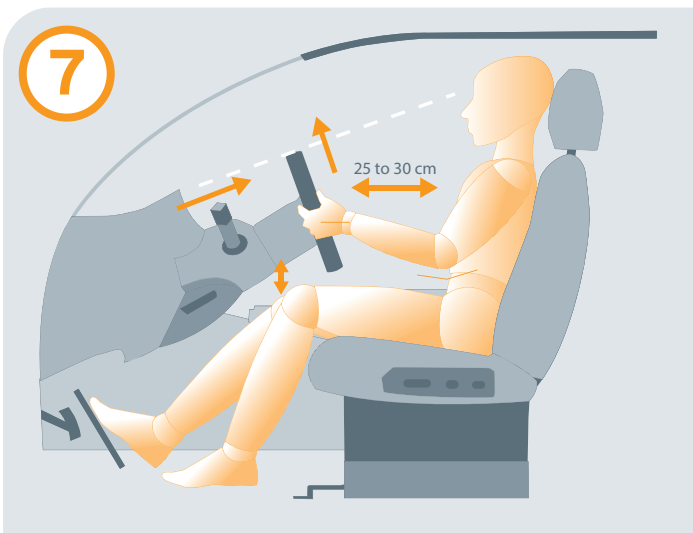
Adjust the backrest so it provides support along the length of your back.

- Try for an angle of about 100 - 110 degrees.



Adjust the lumbar support so that you feel even pressure along the length of the back cushion.

- Fine tune the lumbar support so there are no gaps or pressure points.



Adjust the steering wheel. Pull it towards you and tilt it slightly downwards to minimize reaching.

- Position steering wheel so there is 25 - 30 cm between centre of steering wheel and your chest.
- When you grasp the steering wheel with both hands and wrists straight, your elbows should be slightly bent and your shoulders should have a neutral posture (i.e. arms by side).
- Check for clearance: knees don't contact steering column or underside of dash when operating pedals. Make sure you have clear view of the panel display.



For more information, visit our website

RoadSafetyAtWork.ca