

5 steps to the optimum driving position.

1. Adjust Seat Height & Tilt

- Adjust seat to allow for a knee angle at approx 130 degrees
- Minimise pressure behind your knees
- Check adequate roof clearance to allow maximum vision of road

2. Adjust Seat Distance

- Move seat forward to easily depress pedals without moving your lower back off the seat
- Adjust steering wheel to allow for a 9 and 3 o'clock hand position (allows for better control and promotes a relaxed shoulder and elbow position)
- Ensure there is clearance between the steering wheel and your thighs/knees

3. Adjust Lumbar Support

- Fit lumbar support into the curve of lower back and ensure continuous support up to shoulder height
- Approximately 5 cm of lumbar support is recommended (if required, consider additional attachments, e.g. lumbar roll)

4. Adjust Back Rest Angle

- Approximately 100 – 120 degree angle is recommended to reduce disc pressure and minimise muscle fatigue and vibration
- Avoid slumped posture

5. Review head and neck posture

- Position head rest to provide head and neck support in a neutral posture (particularly if you are inclined to slump)
- The top of the head rest should be in line with top of the head or at a minimum, eye level
- Adjust mirrors to avoid excessive neck flexion or extension

GETTING INTO AND OUT OF YOUR VEHICLE

- If you drive a large vehicle with a high step up/down, slowly step in and out of your vehicle versus jumping down (or consider an additional step if practicable). Overtime, jumping down can cause compression to your spine
- Back yourself into your car and swing your legs into a forward-facing position. Do the reverse to get out

TAKE REGULAR REST BREAKS

- Within reasonable limits, change positions when driving to improve circulation and fatigue (e.g. shifting weight side to side and using small upper body motions to relax the back)
- Take regular rest/stretch breaks, five minutes every one hour is recommended

ADDITIONAL NOTE

- Avoid lifting immediately after driving as your muscles are tired, your ligaments are stretched, and the discs in your spine are at risk of injury. Allow one or two minutes to stretch and rest before trying to lift anything heavy

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