

Setting up your vehicle

BIG 3

- ✓ **STABLE BASE** — Feet supported on floor, thighs evenly supported by vehicle seat, knees in line with feet.
- ✓ **HINGE AT THE HIPS** — Tuck close to controls. To lean or reach forward, hinge at the hips while maintaining a neutral 3-curve spine posture.
- ✓ **SHOULDERS ANCHORED** — Shoulders supported against seat backrest, head balanced over shoulders, arms relaxed at sides of body.

1 Seat position

- Set seat position so you can reach the pedals with knees slightly bent and without sliding hips forward on the seat.
- Heels should stay in contact with the floor when depressing pedals
- You should be close enough to the steering wheel to reach it with your elbows bent and arms relaxed at the sides of your body.

2 Seat tilt

- Adjust the seat pan to a horizontal position, knees should be level with hips.
- Make sure there's no uncomfortable pressure on the back of the legs.

3 Backrest position

- Adjust the lumbar support to comfortably support you across the small of the back and help you sit up tall.
- Adjust the backrest angle to support you in an upright and slightly reclined position.

4 Headrest

- Position the headrest to support your neck with your head balanced over your shoulders.
- The headrest should not push your head forward.



5 Steering wheel

- Set height so when you hold the wheel at the 9 o'clock & 3 o'clock position your forearms are parallel to the floor.
- If steering wheel telescopes pull it close enough to allow arms to hang relaxed at side of body, not reaching forward.
- Release steering wheel at red lights to reduce static grip.

6 Mirrors

- Set rear-view mirror when sitting upright, and use it as a guide to maintain good posture.
- Position the side mirrors to minimize hunching and neck rotation.

7 Posture

- Keep hips and shoulders anchored against the seat backrest.
- Keep head balanced over shoulders.
- Avoid reaching out to rest arm on centre console.

8 Stretch breaks

- Plan to stop at least every 2 hours on long drives and get out of the car to stretch.

Other considerations

- Laptops and tablets mounted on centre consoles often result in awkward static postures. Consider using a removable steering wheel mount or try alternating working on the device between the driver and passenger seat throughout the day to create more balance.