

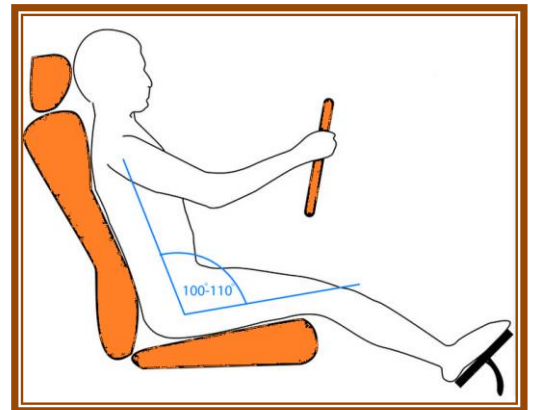
## Driving - Ergonomics Guide

About 80% of all people experience back pain at some stage in their lives. Sitting in the same position for hours gripping the steering wheel and being exposed to vibration from the road is not ideal for a back. Follow the tips below to reduce your chances of back discomfort through driving.

### Preparing to drive

Adjust your seat every time you hop in a vehicle that's been driven by someone else prior to you.

1. Start with the seat adjustments in the initial set up position: Steering wheel fully up and fully forward; Seat height at its lowest; Seat pan tilted so that front edge is in lowest position; Back rest approximately 30° reclined from vertical; Lumbar adjustment backed off; The seat pushed all the way back from the pedals.
2. If you can, **raise the seat height** so you have clear vision of the road and drivers console and your hips are as high as your knees. If you need, utilise a seat cushion (such as a Seat Wedge Cushion) to provide extra height.
3. **Adjust the seat backrest** to a comfortable angle between 100-115°. Next shuffle all the way back into the seat – the outcome should be an angle of 100-110° between the trunk and thigh.
4. **Bring the seat forward** to a position that allows you to fully depress all foot pedals still with a slight bend in your knees, without your back coming away from the seat.
5. If you can, **adjust the backrest lumbar support** to provide you with sufficient support. If you are not able to adjust the lumbar support, the seat does not provide adequate support or the lumbar support is not at the correct height for you, utilise a lumbar support cushion.
6. If possible, **adjust the seat cushion** so it supports all of your thighs, but without causing pressure behind the knee.
7. Make sure your **seat belt** is comfortable.
8. Adjust **the steering wheel tilt, moving it down and towards you**. The closer your elbows are to the seam on your shirt, the less muscles strain on your neck, shoulders and upper back.
9. **Adjust the mirrors** to suit this position. As you start to slouch, the mirrors will feel they need to be adjusted; this is your trigger to re-adjust your position.



### General Ergonomic Tips for Vehicle Travel

- Make minor adjustments to your position occasionally to change the stressors on your body. Be sure to stay in a safe supported position. Change your grip on the wheel occasionally.
- Take a break from driving/get out of the vehicle as often as possible, move about and try some stretches if you can.
- If you have multiple drivers in the vehicle, swap drivers frequently to facilitate posture change and manage fatigue.
- Do not use the car as an office. Using the laptop placed on the passenger seat creates twisting of the spine. Bending over to fill out paperwork causes your neck to flex forward unsafely.