**Vehicle Ergonomics**

Prolonged periods of sitting can place heavy demands of our posture, particularly when sitting in a vehicle due to added affects of movement and vibration on the body.

Using proper ergonomic techniques will help minimize the risk of injury.

**5. Lumbar Support**

* The lumbar support whether adjustable or not, should provide comfort with no pressure points or gaps between the spine and the car seat. An S-shape is a safe shape.

**1. Seat Height**

* Raise the seat to ensure the driver has maximum vision of the road.
* Ensure there is adequate clearance from the roof.

**2. Lower Limb Position**

* Knees should be bent, in order to comfortably operate the accelerator, break and/or clutch. The steering wheel should not come into contact with the top of the legs

**6. Steering Wheel**

* All objects and controls should be in easy reach to prevent unnecessary reaching.
* Elbows and shoulders should be in a relaxed position with hands below shoulder level.
* Check for clearance of thighs and knees (allow 2-4 cm).
* Shoulders should be comfortably resting back against seat.
* A good test is to put your arms straight in front (above the top of the steering wheel), the top of the wheel should sit approximately at wrist level.

**3. Seat Pan**

* Thighs supported along the length of the cushion.
* Avoid Pressure behind the knees

**4. Back Rest**

* Adjust the backrest so it provides continued support along the length of the back. Shoulders should be slightly behind hips.
* Back of Seat should be tilted 110 degrees from legs



**7. Headrest**

* The neck should be in neutral position, with the headrest positioned centrally behind the head.

**8. Mirrors**

* Adjust the rear view and side mirrors to ensure adequate vision of surrounding areas.

**9. Long Trips**

* Tilt your seat a notch or two back and forth every 20 minutes.
* Take a stretch break every 5 minutes per hour