

## Driving Posture & Set-up

Prolonged uninterrupted driving has been identified as a risk factor for musculoskeletal injury for several body regions, including the low back, neck, shoulder and lower limbs.

Discomfort may include cramping, pain, stiffness and tension related to working in one position for long periods of time. Sitting in a vehicle has a different impact on the body compared to sitting in a chair since our posture is influenced by the position and operation of controls. As well, the body may be exposed to vibration and jarring due to uneven or bumpy road conditions.



Work that involves vehicle use for more than 20 hours per week, such as sales, real estate, public transportation and heavy equipment operation, is associated with an increased risk of injury.

### Get to know your vehicle

In order to improve your posture, you need to know what is adjustable:

#### 1) Steering Wheel

- Angle
- Length of steering column



#### 3) Backrest

- Angle
- Lumbar support

#### 2) Seat Pan

- Height
- Tilt
- Forward/backward position

#### 4) Seat Suspension

- Stiffness

### Minimize impact of vibration

To reduce the possibility of jarring or vibration, try to avoid bumpy or uneven roads. Drive at a consistent speed and accelerate and decelerate slowly. Adjust the suspension for your body weight and, more importantly, position the seat to keep the spine in a neutral position.



### Remove your wallet

Avoid sitting on your wallet, which places additional pressure on your buttocks and results in an uneven sitting posture.



**REST AREA**

### Take A Break

At minimum, take a break every two hours. Change your posture by getting out of the vehicle and walking.

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### Steps to adjust your position:

- 1. Seat Height** - Raise the seat to maximize your vision of the road. Ensure you have clearance above your head.
- 2. Move seat for pedal reach** - Move seat forward or backward until you can easily depress the pedals.
- 3. Seat angle** - Adjust the angle of the seat so that the thighs are supported evenly from your buttocks to your knees.
- 4. Backrest angle** - Adjust the angle of the backrest so that your back is evenly supported from your hips to your shoulders. Avoid reclining too far back, which can lead to leaning and reaching forward.
- 5. Lumbar support** - Adjust the height and/or contour of the lumbar support to fit your lower back, ensuring that there are no gaps or awkward pressures.
- 6. Steering wheel angle and reach** - Reduce reach by angling the steering wheel toward a natural, relaxed posture of the shoulders and arms. Move the wheel forward or backward if possible.
- 7. Headrest** - Adjust the headrest to reduce risk for injury in an accident. Ensure the headrest does not push the head forward.

