

Initial Pre-Driving position and posture guide

Take the time to familiarize yourself with ALL the adjustments (e.g. seat, steering wheel, seat belt).
A good driving position can actually help prevent collisions, improve safety should a collision occur and can improve driving comfort.

1. Start by getting the seat into the ‘initial set up position’, where adjustable: Raise the seat as high as is comfortable to improve your vision of the road. Check you have adequate clearance from the roof and ensure you have maximum vision of the road.

2. Move the seat forwards until you can easily fully depress the brake or clutch pedal and/or accelerator pedal. Adjust seat height as necessary to give good pedal control but not closer than 25centimetres / 10 inches. Sitting closer will put you at great risk of being killed by the exploding air bag and certainly serious injury will occur.

Legs should be apart with the left foot extended to support position on ‘the dead pedal’.

3. Adjust cushion tilt angle so that the thighs are supported along the length of the cushion but avoid pressure behind the knees.

4. Adjust back rest so it provides continuous support along the length of the back and is in contact up to shoulder height. Avoid reclining the seat too far as this can cause excessive forward bending of the head and neck.

5. Adjust the lumbar support to give even pressure along the length of the back rest. Ensure lumbar support ‘fits’ your back, is comfortable with no pressure points or gaps.

6. Adjust steering wheel so that your hands are roughly in line with shoulders when holding the wheel and your chin aligned with top of steering wheel. Check clearance for knees when using pedals and ensure panel display is in full view and not obstructed.

7. Adjust the head restraint to ensure the risk of injury is reduced in the event of a collision.

8. Repeat and fine tune as necessary then put your [seat belt](#) on making sure it is fitted correctly low across the hips, especially in winter when wearing bulky jackets.

Be aware that many cars will not allow you as much flexibility of driving posture as you may like. Particular cars may cause you to adopt a ‘**coping**’ posture. For example, limited headroom forces a reclined posture, making reach to the steering wheel a problem. This leads to excessive forward bending of the head and neck and a ‘slouched’ posture.

