

Driving Comfortably

STEERING WHEEL

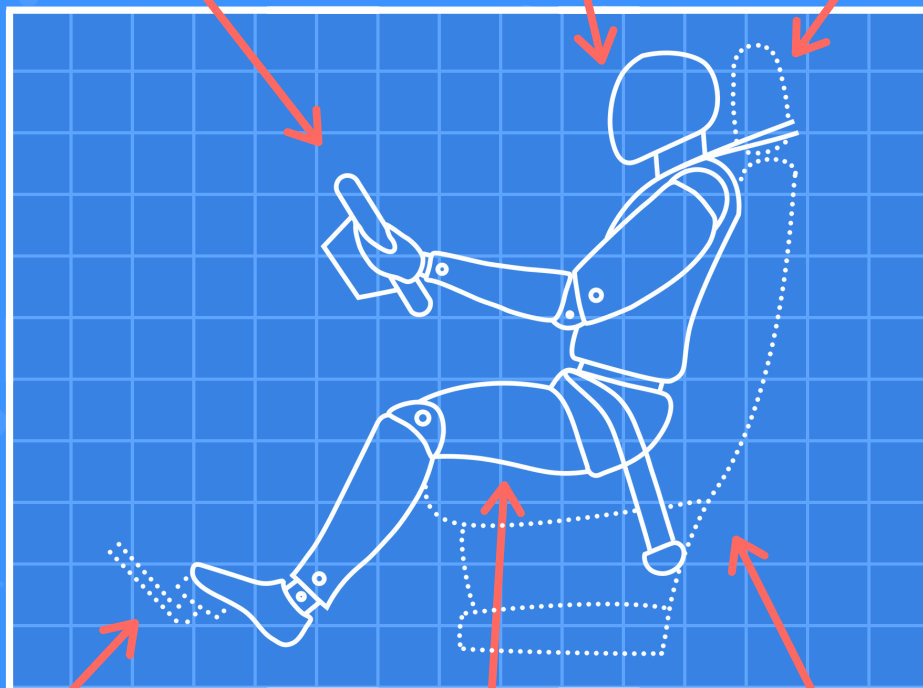
To find the correct distance to sit from the steering wheel, start with your back against the seat and reach out in front of you. Adjust your seat forwards or backwards until your wrists are resting on the top of the steering wheel.

VISION

Adjust the height of your seat to give a good view out and of your dashboard instruments.

HEAD RESTRAINT

Your head should naturally sit about an inch away from your head restraint. Adjust it so that it is the same height as the top of your head.



PEDALS

You must be able to push down the pedals fully when driving. Adjust your seat if needed.

LEGS

Adjust your seat so that you have a slight bend in your knees. Make sure your thighs are supported.

SEAT

Adjust the angle of your seat so that you don't have to bend your head down to look forwards. Adjust your lumbar support to support the hollow in your back.

When stationary you can also perform these exercises to stay comfortable:

- Shrug your shoulders and roll them forwards and backwards to remove tension.
- With your feet off the pedals and flat on the floor, push on the balls of your feet so that your heels rise and then fall.
- Tilt your head to each shoulder, tilt head down and hold, turn left and right and hold at each side.

Staying comfortable can help you to concentrate on the road ahead. We recommend taking a break at least every two hours - combine this with some stretches to stay comfortable.