

# Adjusting your car seat and driving comfortably

Belgians spend an average of 53 minutes per day behind the wheel. **By properly adjusting your car seat and varying your position you will not only drive more safely, but also prevent health complaints.**

## Backrest

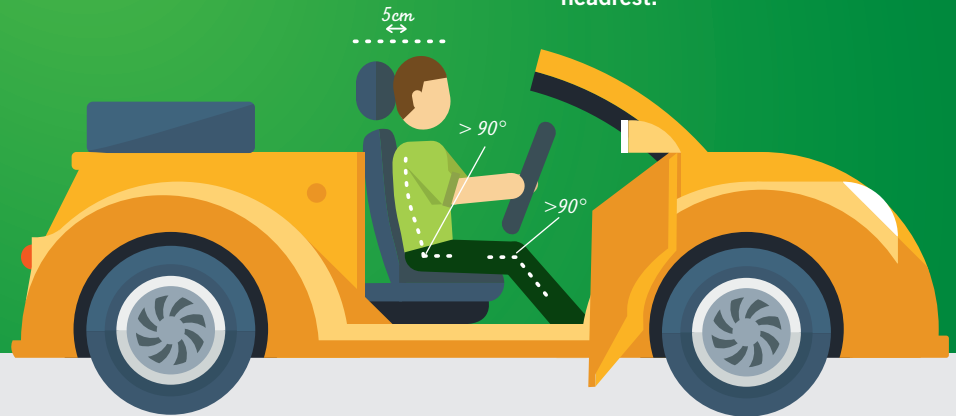
- ✓ The **angle** between your torso and upper legs is **>90°**.
- ✓ Sit sufficiently **high** and as far **back** in the seat as possible.
- ✓ In this way the legs receive maximum **support**.

## Seat depth

- ✓ The angle between your upper and lower legs is **more than 90°**.
- ✓ Your legs are not **fully extended** when you press the pedals

## Headrest

- ✓ The top of the **headrest** is more or less **aligned with the crown of your head**.
- ✓ There is a small or limited **distance** between your head and the headrest.



## 1. The mirrors

- ✓ Make sure that you **only need to turn your head** and that no other movement is required.
- ✓ Place the **rear-view mirror high enough**, so that you need to **sit up straight** in order to get a good view.

## 2. The seat belt

Avoid quickly twisting your lower back when attaching your seat belt.



## 3. The steering wheel

### Setting the height of the steering wheel

- ✓ Stretch your arms **forward at shoulder height**, place your wrists on the steering wheel.
- ✓ Your wrists are at **shoulder height**.
- ✓ Your arms are **not straight** (the elbows form an angle of 110°).



### Holding the steering

- ✓ Your **shoulder blades** remain in contact with the **backrest** and are **relaxed**.
- ✓ Keep your **wrists** in a neutral position, i.e. **not bent**.
- ✓ Your **elbow** is supported by the **armrest**.

## TIPS

## 1. Getting in and out the car

- ✓ Use **support points** when getting **in and out of the car**, such as the steering wheel or doorframe.
- ✓ **Avoid rapidly twisting** the torso.
- ✓ A car, providing a higher seating position, provides an easier way to get in and out of the car



## 2. A comfortable car journey

### 2.1 Change your sitting position during your journey

- ✓ Regularly reposition yourself into a good upright position.
- ✓ Also, every 30 minutes, make small adjustments to the settings on your seat and vary the position of your hands on the steering wheel.

- ✓ If you do not have an adjustable seat you can use a **loose low backrest**.

- ✓ Occasionally try to alter the height of the seat and the inclination of the backrest



- ✓ Take a few deep breaths, in and out. Avoid a tense position due to stress.

- ✓ Stop every two hours and **get out for a moment**.

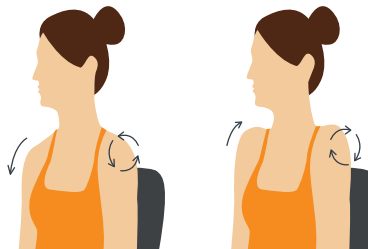


### 2.2 Vary your sitting position

- ✓ Slide back, tilt your pelvis a few times.
- ✓ Press your lower back against the backrest now and again.



- ✓ Make yourself big, pull your shoulders backwards and downwards, make backwards circles with the shoulders.



- ✓ Briefly press your head backwards against the headrest.



## 3. Loading and unloading the boot

When loading **things in and out of the car**, place your **legs apart in a front to back position**.



When moving **things in the boot**, stand with your legs apart in a **sideways position**.

Try and find **support points** when bending forward, for example by placing your knees against the edge of the boot.