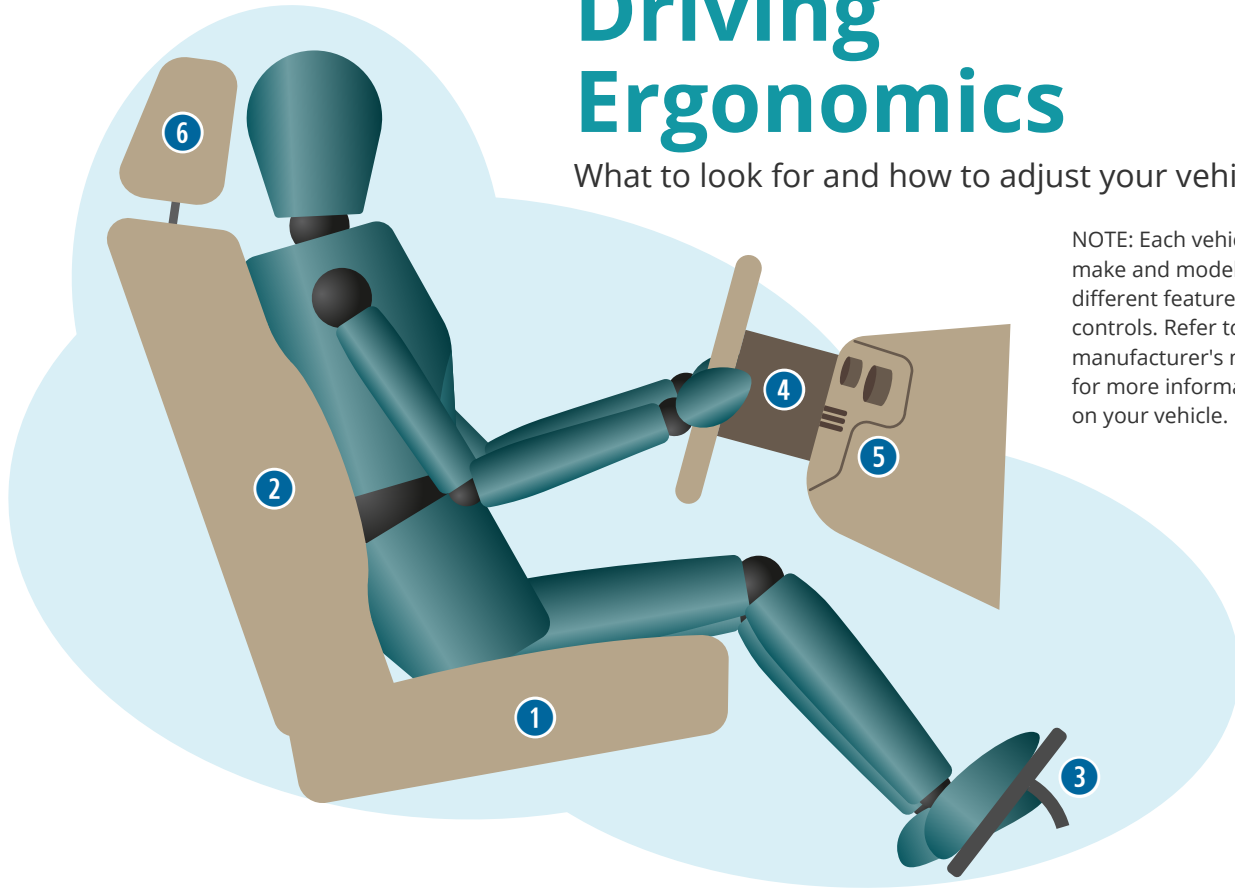


Driving Ergonomics

What to look for and how to adjust your vehicle



NOTE: Each vehicle make and model has different features and controls. Refer to the manufacturer's manual for more information on your vehicle.

6 Key Areas of Focus for Ideal Driving Postures

1. SEAT PAN

- Height:** raise to allow for increased visibility while allowing for head clearance to sit upright
- Angle:** adjust to evenly support thighs on the seat
- Length:** adjust to allow space (2-3 fingers) between back of knee and seat edge
- Shape:** cradle thighs – no pressure points
- Cushion:** firm support

2. BACKREST

- Angle:** adjust 90°–110° from the seat pan
- Lumbar support:** position the height of the support on the low back and adjust the depth between 2-4 cm from the backrest

3. PEDALS

- Distance:** adjust seat forward or backward to depress pedals without extending the hip and knee or leaning forward out of the backrest

4. STEERING WHEEL

- Distance:** adjust to at least 25 cm from body (for air bag deployment)
- Angle:** adjust to allow relaxed arm position and leg clearance
- Technique:** hold the sides of the wheel (9:00 & 3:00 positions) to maintain relaxed arm positions, close to the body

5. CONTROLS

- Distance:** adjust seat forward or backward so controls are within full arm's reach

6. HEAD RESTRAINT

- Height:** adjust between ear level and top of head
- Angle:** adjust so that it is touching or positioned just behind the back of the head in an upright neck position



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RESEARCH MEETING PRACTICE TO PREVENT MUSCULOSKELETAL DISORDERS (MSD)
© 2022 CRE-MSD. CRE-MSD receives funding through a grant provided by the Ontario Ministry of Labour, Training and Skills Development. The views expressed are those of the authors and do not necessarily reflect those of the Province.



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Work
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