

## Initial driving position and posture guide

Take the time to familiarise yourself with ALL the adjustments (e.g. seat, steering wheel, seat belt).

Start by getting the seat into the 'initial set up position', where adjustable:

- Steering wheel fully up and fully forward
- Seat height at its lowest
- Cushion tilted so that front edge in lowest position
- Back rest approximately 30 degrees reclined from vertical
- Lumbar support adjustment backed off
- Seat fully rearwards

Suggested sequence of adjustments for highly adjustable driving packages

**1. Raise the seat as high as is comfortable to improve your vision of the road.**

- Check you have adequate clearance from the roof.
- Ensure you have maximum vision of the road.

**2. Move the seat forwards until you can easily fully depress the clutch pedal and accelerator pedal.**

- Adjust seat height as necessary to give good pedal control.

**3. Adjust cushion tilt angle so that the thighs are supported along the length of the cushion.**

- 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 and you may feel yourself sliding forwards on the cushion.

**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 rearwards and downwards for each reach.**

- Check for clearance for things / knees when using pedals.
- 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 car accident**

### **Repeat stages 1-7 and fine tune as necessary**

**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.

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