

# Correct Ergonomic Posture While Driving

## Finding the perfect position to reduce bodily pain while driving

Do you have a sore upper or lower back? Does your neck hurt? These symptoms could be signs that you have incorrect driving posture and/or that your seat is not set optimally for your body!

- Firstly, NEVER make an adjustment that could endanger yourself or others! Safety first!
  - Do not make adjustments that will reduce your vision of mirrors and the road.
- As funny as this sounds, only use cars that you actually fit into! Compact cars often do not accommodate the taller driver and can significantly stress the neck and back!



## STEPS TO CORRECT SEATING ALIGNMENT

1. Push the seat all the way back (As far as it goes). Bring the seat as low to the floor as it goes.
2. Recline the seat about 30-40 degrees.
3. Bring the seat up until you can see the road, mirrors, and “instruments” fully and comfortably. Bring the seat up until your hips are on the same plane (or in line with) your knees.
  - a. If you are still too low, use a cushion!
4. Bring the seat forward until you can reach and depress the foot pedals without coming away from the seat (do not move your back when depressing the pedals).
5. Bring the back of the seat forward until you are at a 100-115 degree angle.
  - a. This angle helps to decrease the pressure on the disks of the lower back
6. Adjust the head rest so that it is in the middle of your head.
7. If your car has lumbar support, adjust it so that it is supportive and comfortable. A cushion can be used as well.
8. Adjust seatbelt to fit this new position, rather than adjusting the seatbelt to the seat!
9. Bring steering wheel down and towards you to minimize reach.
10. Adjust mirrors to this new seat position.
11. Remember to keep your neck long (deep neck flexor exercise) and hips seated back into the seat to help you maintain your good posture!

*Info from: [www.ergonomicssimplified.co](http://www.ergonomicssimplified.co)*

For more information, call us at [604-983-6616](tel:604-983-6616) or visit [body-works.ca](http://body-works.ca)

[info@body-works.ca](mailto:info@body-works.ca) Suite 420 – 233 West 1<sup>st</sup> Street, North Vancouver, BC V7M 1B3