

VEHICLE POSTURE & ERGONOMICS

DRIVE SAFE • DRIVE COMFORTABLY

1

Adjust the headrest so the centre of it sits in line with the rearmost portion of your head. It should NOT sit at the neck.

2

Keep your elbows slightly bent and your shoulders and arms relaxed.

3

Place your hands on the steering wheel at 9 and 3 o'clock

4

Recline the seat to approximately 100-110 degrees. The lumbar support should sit in the small of your lower back.

5

Adjust the seat pan so your pelvis sits in a neutral position - not tilted backwards or too far forwards.

6

Adjust your seat so your feet easily rest on the foot pedals with your heels supported on the car floor. Knees should be slightly bent to ensure easy access to all pedals.



ALWAYS:

- Adjust your mirrors to reduce neck strain.
- Empty your pockets (don't sit on wallet or phone).
- Sit equally on both buttocks.
- Keep your shoulders and arms relaxed.
- Stretch frequently - once per hour, 15 secs per stretch.
- Take breaks if doing the same task for long periods.

 national safe work month

 **KINECT**
CREATING HEALTH CERTAINTY AT WORK

STRETCHES

Hold each stretch for 15 seconds

Neck & Shoulders



Back & Chest



Hands & Fingers

