ERGONOMIC TIPS FOR DRIVING

Spine Universe provides five guiding principles to help protect the back when driving:

1. **Car seat comfort**—adjust the fit to a comfortable feeling when sitting idle in the vehicle. If it doesn’t feel comfortable in idle, one will probably experience back discomfort when driving for any length of time.

2. **Car seat adjustments**
   - Adjust seat distance and height to accommodate different leg lengths, the back of the knees should not be touching the front of the seat.
   - Angle backrest to a slightly reclined position at approximately 100 degrees (hips should be in line with or slightly higher than knees).
   - Ensure the road and instrument cluster can be comfortably seen.
   - Use the dead pedal to rest left foot (and to prevent riding the clutch, if equipped).
   - Ensure feet can comfortably depress the accelerator, brake, and clutch without the back leaving the seat.
   - Adjust depth to support lower back (often the seat has an inflatable cushion).
   - Adjust the steering wheel to avoid excessive reaching (distance should be a minimum of 10” to the driver’s breastbone), place hands at a 9 and 3 o’clock position to reduce the risk of injury during airbag deployment.
   - Adjust head rest for neck support.

3. **Change posture**—remember to adjust individual posture from time to time. Proceed with caution, wait until driving conditions are suitable to allow for safe movement in the seat to alleviate postural fatigue.

4. **Take breaks**—stop regularly and get out of the car. To avoid driver fatigue and minimize discomfort, take frequent rest breaks that allow for time to stand up and move around.

5. **Seat accessories**—a variety of car seat accessories may improve individual seat comfort such as fleece covers to soften the seat or bead backrests to provide for a massage while driving.