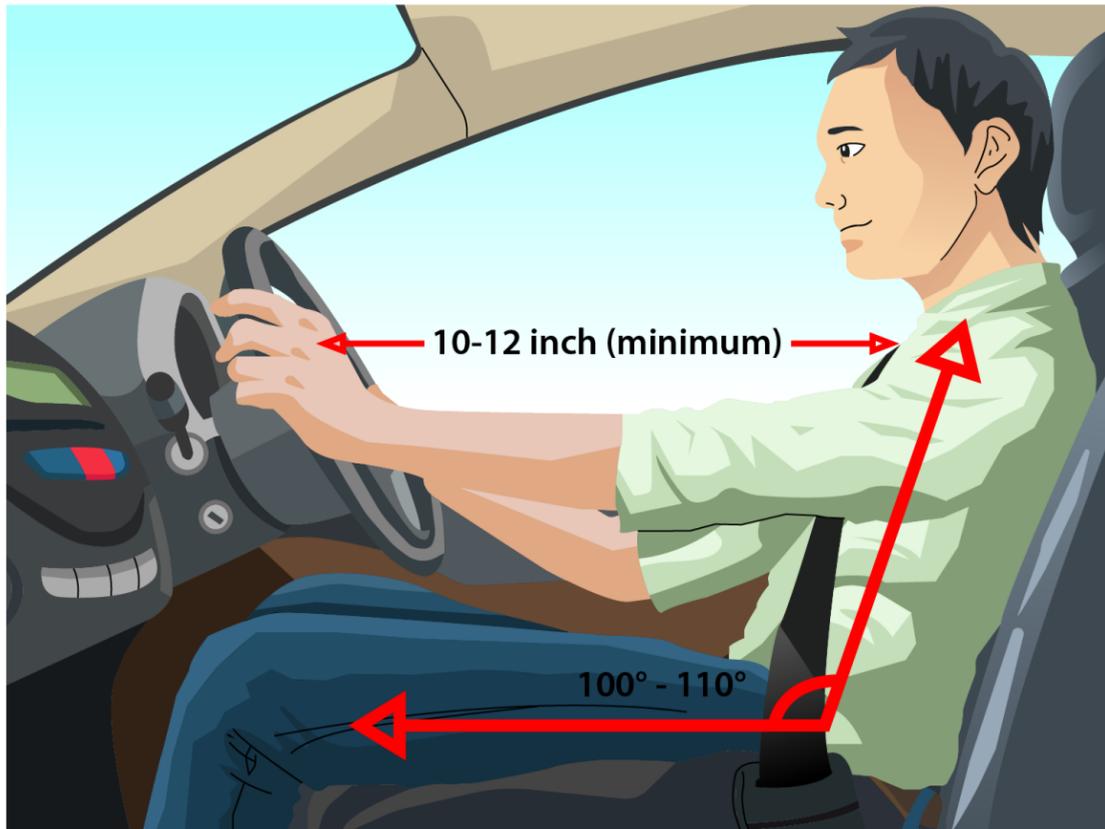
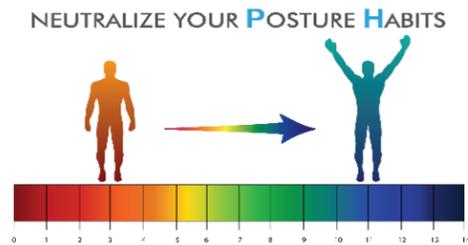


## ERGONOMIC TIPS FOR DRIVING



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.