



# Sitting properly

Because you spend most of the day sitting on your chair, it is essential to your health that the driver's seat is adjusted properly. A good chair, adjusting it correctly and sitting on it properly: that's what matters.

It also helps if you:

- sit up occasionally.
- do not stay seated during a break but instead take a little walk.
- stretch every now and then.
- your chair is maintained regularly.
- you have your chair replaced when it is worn out.
- Do not carry a wallet in your pocket.

## How to sit healthily:



1. Set the seat at the proper height and distance:
  - Your feet should be able to reach the pedals properly.
  - Your thighs are horizontal.
  - The angle between your upper and lower legs is 90 to 120 degrees.
2. Ensure the seat provides you with sufficient support:
  - Your thighs should be adequately supported.
  - The blood vessels in the backs of your knees should not be pinched off.
  - A fist should just fit between the front of the seat and the back of your knee.



3. Adjust the backrest and lumbar support properly:
  - You should 'just feel' the lumbar support.
  - Your pelvis and lower back should be adequately supported.
  - The angle between the seat and back is 95 - 115 degrees. So, the backrest is slightly reclined.
4. Adjust the steering wheel to the correct height and distance:
  - Your arms should be relaxed over the steering wheel.
  - Your shoulders should be relaxed.
  - When you steer, your back should not come off of the backrest.