



## CAR POSTURE REVIEW

This checklist has been developed to assist individuals to undertake a review of their car posture.

### Getting ready:

Observe the individual while driving. Observe their posture, and movements. Using the following checklists as a guide, look at the positive features of the way the individual drives in addition to areas that could be improved to benefit the comfort and/or efficiency of the individual.

Name: \_\_\_\_\_ Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_

AREA	Y	N	COMMENTS
<p><b>1. Seat position in relation to pedals</b></p> <p>Can the driver comfortably use the accelerator? Can the driver comfortably reach the pedal? Can the driver comfortably depress the pedals without fully extending their knee?</p> <p><b>Note:</b> This is especially important for the clutch..</p>			

<p><b>2. Seat height:</b></p> <p>Is the driver's seat set high enough to allow him/her to see through the windscreen and instruments without hunching or raising their shoulders? If no, raise the seat to a height where the driver can sit with their shoulders relaxed and no flexion/or extension of their neck.</p>			
<p><b>3. Thigh's parallel to the floor:</b></p> <p>Once seat height is set, check the following: Are the driver's thighs parallel to the floor with their feet supported either on the floor or on a footrest? Do not place unsecured items in the foot well as these could impede pedal use, during emergencies.</p>			

<p><b>4. Sitting back in chair / backrest angle:</b></p> <p>Is the backrest supporting the driver's back in an upright position whilst driving?</p> <p><b>If no:</b> ensure the driver is sitting back far enough in their seat. If they are still not touching the backrest, the angle of the backrest may need to be adjusted forward. Adjust the backrest angle slightly forward and review.</p>			
<p><b>5. Lumbar support / backrest height:</b></p> <p>Is the curved lumbar section of the backrest resting until the curve fits into the driver's lower back (at approx. trouser belt level).</p>			
<p><b>6. Windscreen and Mirror View:</b></p> <p><b>a)</b> a) Is each mirrors angle adjusted so the driver can view the mirror easily without tilting their head?</p> <p><b>If no:</b> adjust the angle of the mirrors.</p> <p><b>b)</b> Is the driver's mirror free of troublesome reflected light?</p> <p><b>If no:</b> adjust the angle of the mirror slightly, and review again.</p>			

<p><b>7. Steering Wheel:</b></p> <p><b>a)</b> Do the user's upper arms fall naturally by their sides when they are driving?</p> <p><b>b)</b> Is the steering wheel located close enough to the user to avoid the need to stretch forward when driving?</p>			
<p><b>8. Frequently used items:</b></p> <p>Are all frequently used items located within easy reach ( i.e. within normal arms reach)?</p> <p><b>If no:</b> avoid stretching repeatedly to items by relocating frequently used items closer to the user.</p>			
<p><b>9. Navigation Equipment:</b></p> <p>Is such equipment located in a comfortable viewing range?</p> <p><b>If no:</b> consider how and where to best reposition this equipment. Is the holder appropriate?</p>			

<p><b>10. Unnecessary clutter:</b></p> <p>Is the cabin free of unused or irregularly used resources / items?</p> <p><b>If no:</b> consider general clean-up or relocation of items used irregularly.</p>			
<p><b>11. Stretch pauses:</b></p> <p>Does the driver take regular short pauses from seated work to perform stretches?</p> <p><b>If no:</b> discuss with the driver when / how they may perform stretches intermittently. List three options.</p>			
<p><b>12. Eye breaks:</b></p> <p>Does the driver routinely interrupt their viewing of the road to look at items in the distance, blink etc?</p> <p><b>If no:</b> If no, discuss with the driver when / how they may incorporate this into their daily routine. List three options.</p>			