

# HOW TO ADJUST YOUR DRIVER'S SEAT

NEARLY **2 OUT OF 3** OF UK VAN DRIVERS HAVE TAKEN UP TO **3 WEEKS OFF WORK DUE TO BACK PAIN**



## HEIGHT

Your thighs should be as parallel to the floor as your seat will allow, and where possible try to get your hips higher than your knees. You should also adjust the thigh support if you have one to ensure you have the maximum surface of your thighs touching the seat



## PEDALS

You should be able to push the pedals to the floor with a bend in your knees



## 110°

Bring your seat all the way up so it's straight and then take it back until you are comfortable whilst maintaining a 110 degree angle between your back and thighs\*



## LUMBAR SUPPORT

The lumbar support should be adjusted so you can feel it support the hollow in your back but so it's not causing your spine to arch more than is normal for you



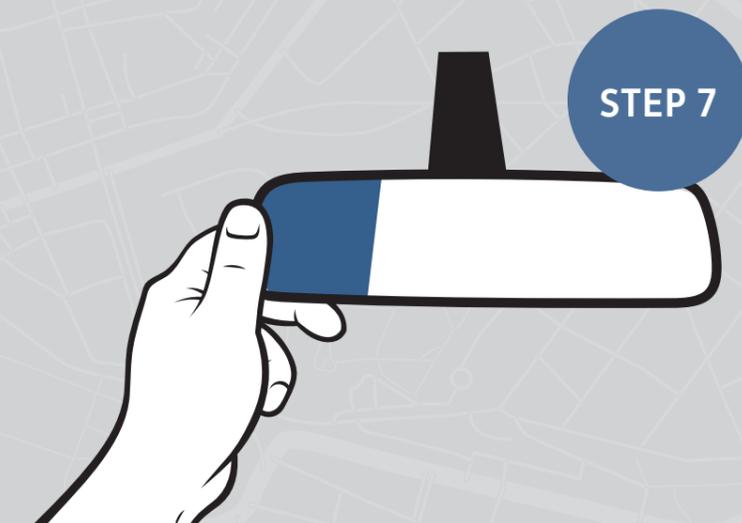
## HEAD RESTRAINT

The height and angle of your head restraint should be adjusted so you can feel the centre of the support touch the middle of the back of your head, although it does not need to be touching at all times



## STEERING WHEEL

Once in correct seating position, bring your arm up in front of you and position the centre of the steering wheel to be in line with the fold of your wrist



## REAR MIRROR

Lift up your chest by five degrees and then adjust your mirrors to help stay in an upright position on long drives



**Commercial Vehicles**

\*The order in which you do these steps is dependent on each individual. Statistic comes from a Volkswagen Commercial Vehicles survey, October 2018, 500 UK van drivers. This advice comes from the British Chiropractic Association – see <https://chiropractic-uk.co.uk> for more information. After adjusting each step it is worth checking that the angle of your back and hips is still at 110 degrees