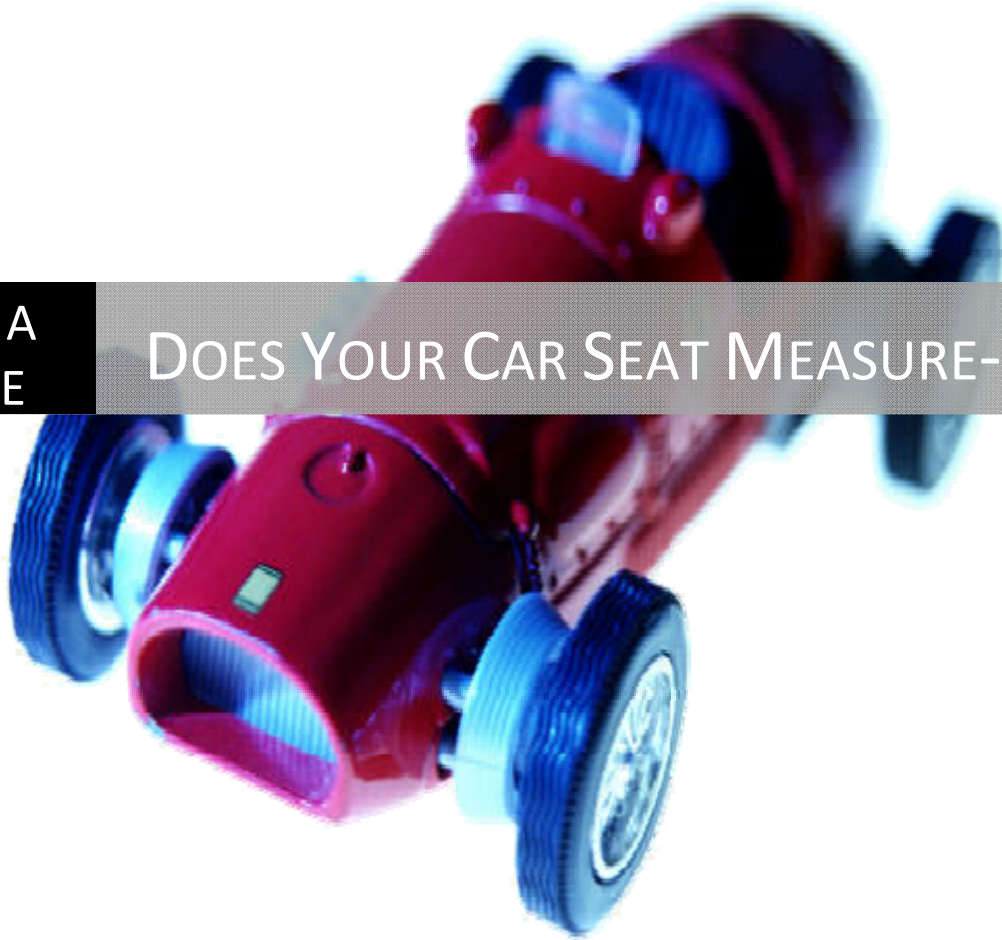




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GLANCE

DOES YOUR CAR SEAT MEASURE-UP?



Jeannie A. Smith – Senior Ergonomist - Principal

Good Design

A good car seat should have the following:

1. Adjustable backrest angle or incline
2. Adjustable seat bottom depth (to accommodate various heights)
3. Adjustable seat height
4. Adjustable seat tilt
5. Adequate seat cushioning (firm, yet comfort-able)
6. Adjustable lumbar support (height and depth)
7. Adjustable armrests on both sides
8. Adjustable head restraint with neck roll
9. Adequate shock absorption in the seat bottom (Dampens 1-20 Hz)
10. Seat bottom slider to adjust the distance from the pedals



Useful Adjustment Options

When looking for a vehicle that offers comfort, consider the following:

1. **Seat tilt angle:** allows you to tilt the seat forward so that it doesn't press into the backs of your knees
2. **Lumbar cushion:** look for a seat that offers good lower back support and an inflatable lumbar cushion so you can adjust it for your comfort.
3. **Armrests:** look for armrests that are adjustable and provide adequate cushion.

Healthy Back Driving Habits

1. **Adjust Your Seat:** Take the time to adjust your seat to fit you. Adjust the height, the distance and the backrest angle so that you are comfortable.
2. **Change Your Posture:** Remember to move around in your seat to alleviate postural fatigue.
3. **Take Breaks:** Avoid fatigue and discomfort by taking frequent breaks that allow you to stand up and move around.
4. **Seat Accessories:** Use any of the available accessories, such as lumbar supports, fleece covers, or beaded seat covers to add to your driving comfort