

Protect Your Back:

Practice Good Posture While Driving



Avoid slouching forward to reach the hand and foot controls

Don't keep items in your back pocket

Avoid sitting in positions that cause a gap between your back and the seat

Avoid tilting the seat bottom

Keep your neck in line with your spine

Adjust the steering wheel to avoid shrugging your shoulders

Maintain a two-finger gap between the seat and the back of your knees

Adjust seat to reach the hand and foot controls with your back supported

Use lumbar support or a rolled towel to fill the gap between the seat and arch of your back

Adjust seat back to an angle of 100-110 degrees

Add seat cushion to decrease vibrations

For more information: umash.umn.edu/physical-health