

- Know vehicle adjustment controls and adjust them before you drive.
- Adjust the angle and position of the seat, back support, and headrest. Keep ears, shoulders, and hips aligned.
- Check the position of your seat in relation to the steering wheel. Reaching for the steering wheel when the seat is too far back will cause shoulder, neck, and upper arm strain. Adjust the steering wheel for your comfort.
- Ensure the seat is in good condition for firm support. Use the back of the seat to support the lower back when driving. If the seat does not support the lumbar spine, use a back support, small pillow, towel, or rolled sweater.
- Remove wallet from hip pocket to avoid pressure on nerves in legs.
- Support your arms on armrests on long trips. Keep elbows close to your body to reduce muscle strain.
- Change posture frequently to increase circulation and to prevent fatigue.
- Get in and out of the vehicle safely. For balance and stability, maintain contact either with one hand and two feet or with two hands and one foot at all times.
- Always use your seat belt.
- Have your vision checked regularly.
- Reduce stress while driving—heavy traffic, delays, and driving for long periods increase stress and physical fatigue.
- Take rest pauses and stretch breaks *before* feeling fatigued: at least every hour.
- Stay warm.
- Wear sunglasses, summer and winter.
- The same principles of posture apply as for someone sitting at a desk.
- Use proper body mechanics when lifting objects into vehicle.