

Driving POSTURE

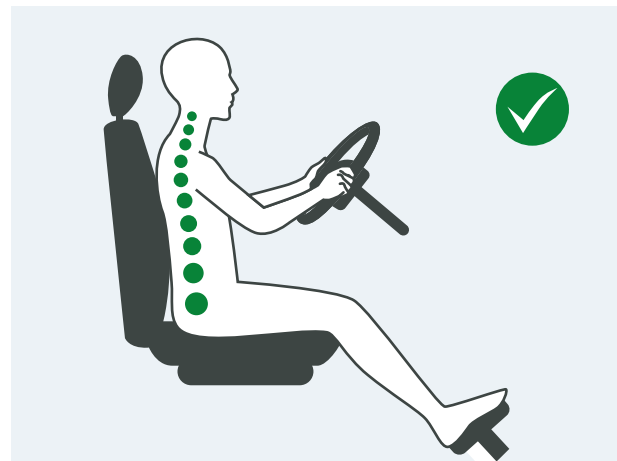
Drivers should always consider the following to ensure they are maintaining the appropriate posture when driving, and prevent risk of incident or injury.

SEATING POSITION

- Position the seat as far back as possible to provide you with more room as you step into the vehicle.
- Once seated, slide the seat forwards until you can reach and press the pedals without stretching. There should be a slight gap (about an inch) between the back of your knees and the edge of the seat. Your thighs should be straight and your knees should be level with your hips.
- Adjustable height position so that you can see the dashboard easily and have a clear view of the road.
- Adjust the back of the seat so that it is in contact with your body up to shoulder height. A correctly positioned seat should provide support along the full length of your back.
- Don't recline the seat too far as this is likely to result in you having to hold your head and neck forwards.
- Position the head restraint so that the top of it is level with the top of your ears.
- Adjust the steering wheel so that you can rest your wrists on it without stretching. Make sure it is not positioned too close to your legs and knees as there is a risk this could obstruct your movement when operating the pedals.



INCORRECT ALIGNMENT



CORRECT ALIGNMENT

VISION

- Position the rear view, side mirrors so that you can use them without straining your neck or twisting your body.
- Keep windows clean and clear to avoid unnecessary blind spots.

GETTING OUT OF YOUR VEHICLE

- Unfasten your seat belt and ensure it is fully retracted so it does not restrict your movement, push the seat back fully, and turn your whole body towards the door, raise your legs from the foot well.
- Place your feet on the ground, shoulder-width apart.
- Lean your head and shoulders forwards as you stand up, holding onto the door frame for support if necessary. Don't twist your body as you leave the car.



SLOW DOWN
Don't Speed,
Take Your Time



MAKE IT CLICK
Always Wear Your
Seat Belt



ACT WITH CAUTION
Stay Calm, Be Alert,
Take Breaks When
You Need To



**AVOID
DISTRACTIONS**
Focus On The Road

ANY ITEMS YOU CARRY IN YOUR VEHICLE SHOULD BE STORED SECURELY. BY PLACING ITEMS IN A SEAT POCKET OR DRINKS IN HOLDERS TO PREVENT THEM MOVING AROUND OR CAUSING YOU TO STRETCH TO RETRIEVE THEM.



By signing this form you confirm that you have attended the Toolbox Talk on Driving Posture and fully understand the details of the training provided.

Topic: **DRIVING**

Date

Instructor Name and Signature

ATTENDEES

Full Name	Signature