



1. **Back rest** - should be at 100-110° angle to the horizontal. In other words the seat should be almost upright, leaning slightly backwards.
2. **Sitting position** - Hips to the back of the seat, and the back firmly against the seat for proper back support. Depending on the shape of the seat, you may need a rolled up towel or a commercial back support in the small of your back, to maintain the correct back curvature.
3. **Steering wheel distance** - The seat should be at the correct distance from the pedals and the steering wheel, to avoid leaning forward or reaching. The knees and elbows should be slightly bent, (even when extended for a turn), with wrists resting on top of the steering wheel and knees at least a few inches away from the dash or steering column. There should be about 25 cm between the driver and the steering wheel.
4. **Headrest** - The headrest should be tilted forward far enough so that the head is not more than 10 cm in front of it. The head should not be touching the headrest in the normal driving position. The height of the headrest should be adjusted to be level with the middle of the head, not the back of the neck.
5. **Hand placement** - hands should be positioned at 10 o'clock and 2 o'clock on the steering wheel and should be lower than shoulder height.