

Make sure you sit properly behind the wheel. You should sit high enough in the driver's seat to see over the steering wheel and hood. You should be able to see the ground four metres in front of the vehicle. Use a firm cushion if needed.

Be sure that you are sitting straight upright in the seat with your elbows slightly bent. Adjust the seat so your feet reach the pedals easily. To check your position, try placing your feet flat on the floor under the brake pedal. If you can do this without stretching, you are seated properly. This keeps you in the proper, upright sitting position and gives you more stability when manoeuvring your vehicle.

If your vehicle has an adjustable headrest, you should make sure it is at the right height. The back of your head should be directly in front of the middle of the headrest to protect you in a collision.

Check that you have enough room in the front seat to drive properly and safely. Do not overcrowd your driving space with passengers or property.

Why Proper Seating Position is Important

A proper seating position ensures:

- **Better control** over the steering wheel, pedals, and gear shifter.
- **Improved visibility** of the road, mirrors, and dashboard.
- **Reduced fatigue**, especially on long drives.
- **Minimized injury risk** in the event of an incident, especially from airbags.

Poor posture can cause back, neck, and leg discomfort. Worse, it may delay your reaction time or reduce your ability to respond quickly in emergencies.