

Three steps: How to correctly adjust your seat

Correct posture while driving is not just about comfort, but above all about safety. In the worst-case scenario passengers involved in accidents could slide under the seatbelt, hit the windshield or steering wheel or sustain a spinal injury.

We have put together some instructions on how to sit correctly while driving with an eye toward safety and comfort



1. Seat surface

Length: You are the correct distance from the brake or clutch when your leg is slightly bent as the pedals are fully depressed.

Height: Your seat height is correctly adjusted when you have an unimpeded view of the road and the instrument panel. Remember to adjust the height of your steering wheel as well.

Tilt and extension: Your thighs should be on the surface of the seat to just before the back of the knee. It is important to have two to three fingers of space between the back of the knee and the edge of the seat to ensure proper blood circulation in the legs. This setting helps prevent back pain and other injuries.



2. Backrest and sides

Tilt: Adjust the backrest so that the steering wheel is easily accessible with your elbows slightly bent. There should still be shoulder contact when turning the steering wheel.

Lumbar adjuster: It should be adjusted to support the natural curve of the spine.

Side bolsters: Adjust these so that the body is supported without any restraints on the sides – this is particularly important for long drives.

Short test: Sit up properly in the seat so that your back is leaning against the backrest. Now extend your right arm. Ideally, you should be able to comfortably place your hand on the steering wheel without losing contact with the back cushion of the seat.



3. Headrest

Try to adjust the top edge of the headrest as level as possible with the top of your head. It should be as close as possible to your head and comfortable for you.

The following applies to headrests in general:
better too high than too low.