

# ERGONOMICS & POSTURE FOR DRIVERS

## CHECKLIST



*Are you a driver who spends long hours behind the wheel? Do you experience discomfort, pain, or fatigue while driving? If so, it's time to look closely at your driving setup and ensure you practice good ergonomics.*

Driving for extended periods can take a toll on your body, leading to various issues like back, neck, and shoulder pain. That's why we've created an ergonomics checklist for drivers like you. This checklist will help you become more aware of your driving setup and identify areas for improvement.

From seat height and lumbar support to pedal positioning and steering wheel placement, every aspect of your driving setup can impact your comfort and safety on the road. By going through our checklist, you can ensure that you're practicing good ergonomics while driving and reduce the risk of aches, pains, and injuries down the road.

Don't wait any longer to make positive changes in your driving setup. Download our ergonomics checklist for drivers now and discover where improvements can be made. With a little effort and attention to detail, you can make your driving experience much more comfortable and enjoyable. Let's get started!



# HOW WELL ARE YOU SETUP FOR DRIVING?

Driving for long periods can take its toll on your body. Still, you can take proactive steps to prevent many problems by practicing good ergonomics to reduce your risk of discomfort, pain, and injuries.

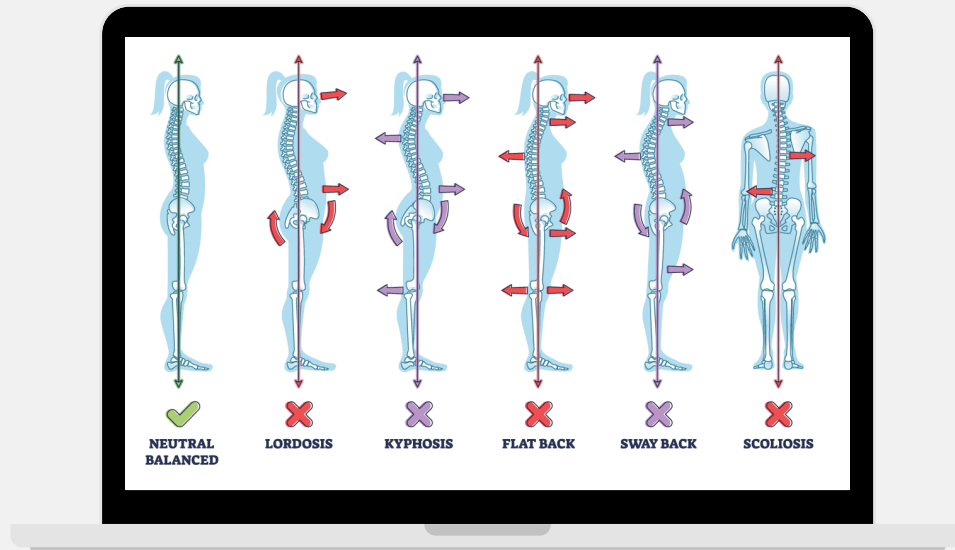
As you go through the checklist below, put a checkmark next to the items you are good at versus those that need improvement before you hit the road.

- ☐ 1. Is your seat positioned and adjusted for comfortable pedal reach and back support, with hips level or slightly higher than knees?
- ☐ 2. Is the steering wheel adjusted for a comfortable 10 & 2 o'clock position, with your elbows kept close to your body?
- ☐ 3. Are the dashboard displays and controls easily reachable and visible without straining or contorting your body?
- ☐ 4. Is your lumbar support positioned in the small of your lower back?
- ☐ 5. Is the headrest positioned so that the top third of it is at eye level?
- ☐ 6. Do you have enough legroom for comfortable pedal operation and to prevent cramping (2-3" between the back of knees and seat)?
- ☐ 7. Are you keeping the right heel on the floor while using the gas pedal?
- ☐ 8. Is your seat back adjusted to an angle between 90-120 degrees?
- ☐ 9. Are you ensuring that you are seated evenly and your body is not tilted to one side? (Also removing a wallet, etc, from back pocket)
- ☐ 10. Are you changing positions or taking breaks to stretch and stand every hour to get the blood circulating?

**Add up how many boxes you checked. \_\_ out of 10 possible.**



# HOW'S YOUR POSTURE?



Ergonomics and technologies are one thing, and then there's the body we take into using them. Good posture and musculoskeletal function are essential if we expect an ergonomic workstation to help reduce pain and injuries. How does your body check out with our posture tests below?

- ☐ Does your head touch the wall when you stand with your heels & back to it?
- ☐ Can you raise your arms comfortably overhead past your face?
- ☐ Can you comfortably grasp your forearms behind your back?
- ☐ Can you touch your toes comfortably without bending your knees?
- ☐ Can you balance on one leg for 30 seconds? And the other?
- ☐ Can you go from chair sitting to standing without using your hands?
- ☐ Can you squat down above your seat without touching it and rise again?
- ☐ Can you cross one ankle over the other knee while sitting? And the other?
- ☐ Can you walk heel-to-toe in a straight line?
- ☐ Do your chest and shoulders stay down when you take a deep breath in?

Add up how many points you got. \_\_ out of 10 possible.



# HOW DID YOU DO?

So, how did it go? How did you score on each of the ergonomic assessments? Here's our scoring table for guidance on your driving setup:

| Score | Interpretation                                                  |
|-------|-----------------------------------------------------------------|
| 9-10  | Awesome! You're an ergonomics champ!                            |
| 7-8   | Doing okay. How can you improve your setup?                     |
| 4-6   | At risk. Your setup needs some help. Time to make some changes. |
| <5    | Are you experiencing pain or discomfort? Now you know why.      |

At Activ8 Posture, we recognize that it's not just the ergonomics we use but also the body we take into using them. Our bodies are incredibly adaptive and responsive to the stimuli we give them and need reminding of how they work. This is why we also check the body we're taking to the workstation. How did you score on the driver's ergonomics checklist? Here's our scoring and interpretation:

| Score | Interpretation                                                   |
|-------|------------------------------------------------------------------|
| 9-10  | Amazing! Your body is ready to rock!                             |
| 7-8   | Not bad. You could use some refining to become more bulletproof. |
| 4-6   | Coaching recommended. Avoid pain & problems by taking action.    |
| <5    | Let's discuss how we can help you overcome pain or discomfort.   |

Implementing solid ergonomic practices and restoring your body's alignment is a powerful one-two-punch combination. Awareness is the first step.

When our body is correctly aligned, we work more efficiently and with less strain on our muscles and joints. Good posture boosts confidence, improves mood, and helps prevent aches and injuries. Proper body mechanics in a vehicle also helps promote good circulation, which is essential for keeping our minds and bodies alert and energetic. Good posture also helps us breathe more efficiently, which in turn helps us stay focused and productive. And let's not forget that good posture improves our overall appearance and makes us feel better.

So, how can you help achieve and maintain good posture? First, ensure you record your results from the checklists that apply to your vehicle and complete the posture checklist. From there, take the time to evaluate and adjust your workstation setup to ensure it is comfortable and promotes good body mechanics. Additionally, get some help with your posture so your body is well-equipped for work and the activities you enjoy.



# WHAT'S NEXT?

## YOUR BEST POSITION IS YOUR NEXT POSITION!

*Thank you for taking the time to go through these checklists! We hope they make you more aware of your ergonomic setup and remind you to take care of the body you're taking into the vehicle.*



*Good ergonomics and good posture work together to support optimal health and prevent injuries. Our mission at Activ8 Posture is to help people like you live an optimal, pain-free life. We're here to help! If you would like help going through these checklists or would like help implementing strategies to improve your posture, contact us today.*

## **Contact Us Today**

- to set up your ergonomic assessment & posture screen
- to find out more about how posture therapy can help you overcome pain & limitations
- to let us know any questions we can assist you with

Email: [boston@activ8posture.com](mailto:boston@activ8posture.com)

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