

# FIRST MOVE PRINCIPLES APPLIED TO DRIVING



## 1. LISTEN TO YOUR BODY

### Setting up your driving position

Setting up a comfortable and relaxed driving position for your back, legs and arms depends on many things. Such as:

height and size, pain or injury, cab size, seat adjustability and support, steering system.

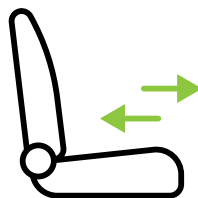
Remember the First Move principle - Listen to your body.

***'you don't know if something is better or worse until you compare it'***

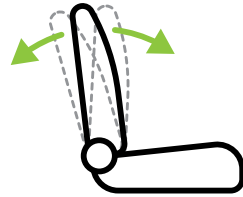
Variability in the seating and steering wheel differs between cabs.

Important adjustments are:

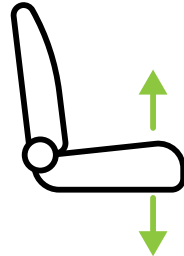
- 'Butt position' in seat.
  - Sitting upright (butt pushed way back in the seat) - forces your upper body forward.
  - 'Wriggle your butt down the seat a bit' to improve back support.
- Seat forwards and backwards.
  - The distance between the seat, steering wheel and pedals alters the position of your back, legs and arms.
  - Depending on the available adjustability - finding a comfortable position for your arms and legs can be a challenge. Start by finding a comfortable position for your legs and then adjust the steering wheel for your arm position.



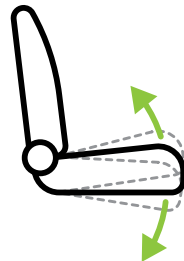
- Seat back angle.
  - The seat upright at 90 degrees forces you to ‘slump’ forward. Upper back support is lost and the ‘chin pokes forward’. Tilting the seat back slightly alleviates this.



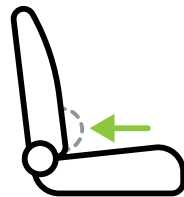
- Seat height.
  - Aim for the hips and knees level.
  - Too low creates a ‘poking chin’ posture.
  - Too high affects visibility.



- Seat tilt.
  - Try changing this slightly and notice what happens to your back support and comfort.



- Lumbar support.
  - Adjust this last. The support needed changes as you alter your sitting posture.



The human body is designed to move. Small changes make a big difference when you spend a long time in one position.

If you feel discomfort make changes and improve your support and comfort.

***Always remember safety and control is vital.***

