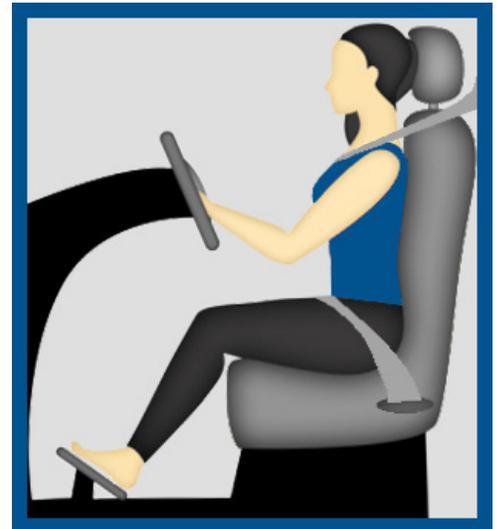


ERGO BULLETIN

Posture While Driving

The average commute time for workers in Rhode Island is 45 minutes and close to an hour in other New England states. If you find yourself uncomfortable, fidgeting in your seat or just cannot wait to get out of the car, follow these eight (8) easy steps for a healthier driving experience.

- 1.** Raise the seat (try a cushion or pad, if your car is not equipped with this feature) so you have full visibility through the windshield.
- 2.** If the seat base tilts, adjust the seat so your thighs are supported along the entire length of the legs. Any pressure behind the knees is a sign that the seat is tilted too far back.
- 3.** Move the seat forward so you can fully engage all of the pedals (gas, clutch, brake).
- 4.** The back rest should be slightly reclined so it provides continuous support up from your hips to your shoulders. If available, adjust the lumbar support feature, so you feel support not pressure at the curve of your lower back.
- 5.** The center of the headrest should be level with your eyes and no more than two (2) inches from the back of the head.
- 6.** Adjust the steering wheel (tilt and telescope) for your comfort and full visibility to the gauges. Shoulders should be relaxed with your elbows slightly bent and hands at 9 and 3 o'clock. Keep a light grip but maintain control.
- 7.** Adjust your seat belt as follows: lower strap sits across your upper thighs and the upper strap sits comfortably across your chest. Many belts have a height adjustment feature, so use it for your comfort and safety.
- 8.** Properly adjust the side and rear view mirrors for maximum visibility and blind spot reduction. Use the mirrors as a reminder for your posture.



One Beacon Centre • Warwick, RI 02886-1378 • 1.888.886.4450
For more information, contact Beacon Mutual's Loss Prevention Division
at 401.825.2667 or visit www.beaconmutual.com

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