

# Does Your Car Seat Measure Up ?

## Good Design

A good car seat should have the following:

1. Adjustable backrest angle or incline
2. Adjustable seat bottom depth (to accommodate various heights)
3. Adjustable seat height
4. Adjustable seat tilt
5. Adequate seat cushioning (firm, yet comfortable)
6. Adjustable lumbar support (height and depth)
7. Adjustable armrests on both sides
8. Adjustable head restraint with neck roll
9. Adequate shock absorption in the seat bottom (Dampens 1-20 Hz)
10. Seat bottom slider to adjust the distance from the pedals

## Useful Adjustment Options

When looking for a vehicle that offers comfort, consider the following:

1. **Seat tilt angle:** allows you to tilt the seat forward so that it doesn't press into the backs of your knees
2. **Lumbar cushion:** look for a seat that offers good lower back support and an inflatable lumbar cushion so you can adjust it for your comfort.
3. **Armrests:** look for armrests that are adjustable and provide adequate cushion.

## Healthy Back Driving Habits

1. **Adjust Your Seat:** Take the time to adjust your seat to fit you. Adjust the height, the distance and the backrest angle so that you are comfortable.
2. **Change Your Posture:** Remember to move around in your seat to alleviate postural fatigue.
3. **Take Breaks:** Avoid fatigue and discomfort by taking frequent breaks that allow you to stand up and move around.
4. **Seat Accessories:** Use any of the available accessories, such as lumbar supports, fleece covers, or beaded seat covers to add to your driving comfort.

