

Tips To Make Driving More Comfortable



Ensure to sit high enough to view the front, mirrors, and out of the window without straining your neck

Adjust the headrest as per your height



Ensure the seat is upright to support the back and shoulders adequately



Adjust the seat in a manner that you don't have to stretch the arms to reach the steering wheel



Keep your arms and knees slightly bent



Adjust the steering wheel height to your chest level



Sit back properly in the seat



Ensure there's sufficient headroom



References:

1. Driving and Ergonomics; Canadian Centre for Occupational Health and Safety
2. Driving Posture; NSW Government