

Sitting properly

Long periods of sitting strain the back. Therefore take your time to adjust the seat to the comfort of your body!

Tip 1:

Change your sitting posture regularly. However, both legs must remain in the driver's footwell to have control over the vehicle at all times.

Sitting too long and incorrectly leads to:

- tension
- rapid fatigue
- headache and back pain

You can do something about it:

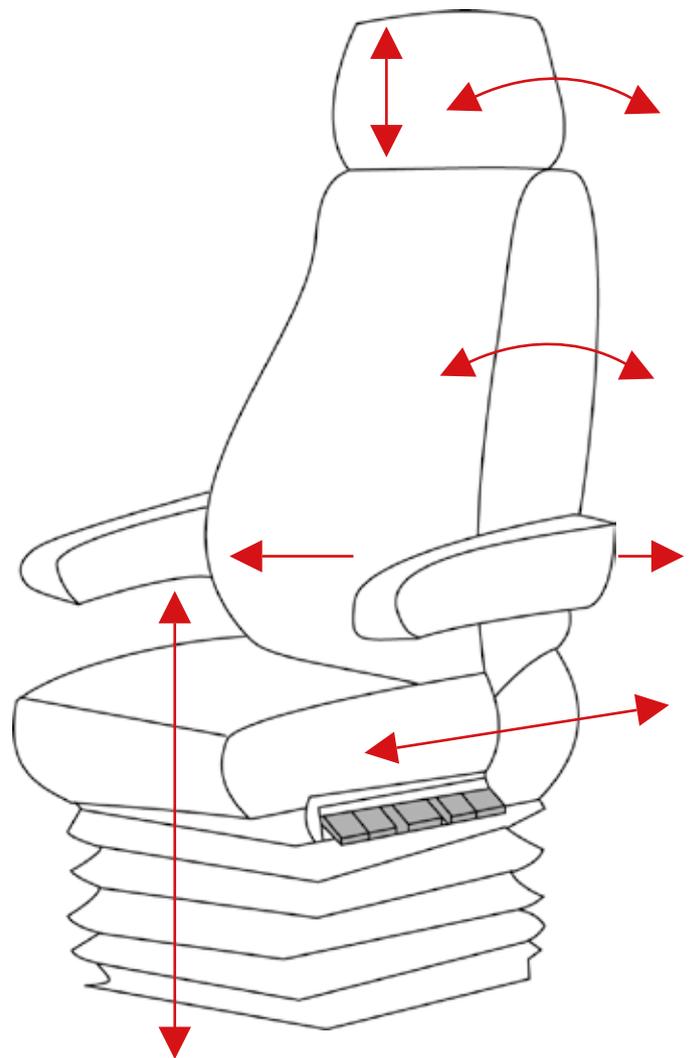
- adjust the seat to the comfort of the body
- change the sitting posture from time to time to counteract one-sided strain. Ensure the seat belt is positioned correctly at all times.
- take regular breaks during the journey
 - and exercise in your leisure time to compensate
 - for extended periods of sitting

Note:

Should you have any queries about adjusting the seat, please contact your work safety officer and your company doctor:

Should you notice any damage or malfunction to your seat, contact:

Should your contact person not be available, please contact the following workshop directly:



Attention:

Adjust your seat before departing! Adjusting the seat while driving distracts from driving. A seat that has not been locked in place may also move accidentally. Steering and braking may then be limited and result in an accident.

Sitting properly

Correct driver's seat and seat belt positioning

1 Adjust the seat height and the seat slide

Adjust seat height and seat spacing so that the feet are flat on the floor of the driver's cab, the upper and lower legs form a right angle and the legs are still slightly angled when the pedals are depressed.

2 Adjust seat surface depth (= length of seat surface)

Sit all the way back in the seat and adjust the seat surface extension so that the thighs rest to just before the knee (distance between the hollow of the knee and the front edge of the seat approx. 3 finger widths).

Adjust the seat surface inclination

- 3 The seat surface should drop slightly backwards and the thighs should rest so that no pressure from the front edge of the seat is felt when the accelerator pedal is pressed.

4 Adjust the angle of the backrest

Adjust the angle so the upper body is slightly reclined and the back is completely against the backrest. There should be no uncomfortable pressure or feeling of tightness in the abdominal area.

5 Adjust the steering wheel

The steering wheel can be held with slightly angled arms. When turning the steering wheel your shoulders should maintain contact with the backrest.

6 Adjust the lumbar support

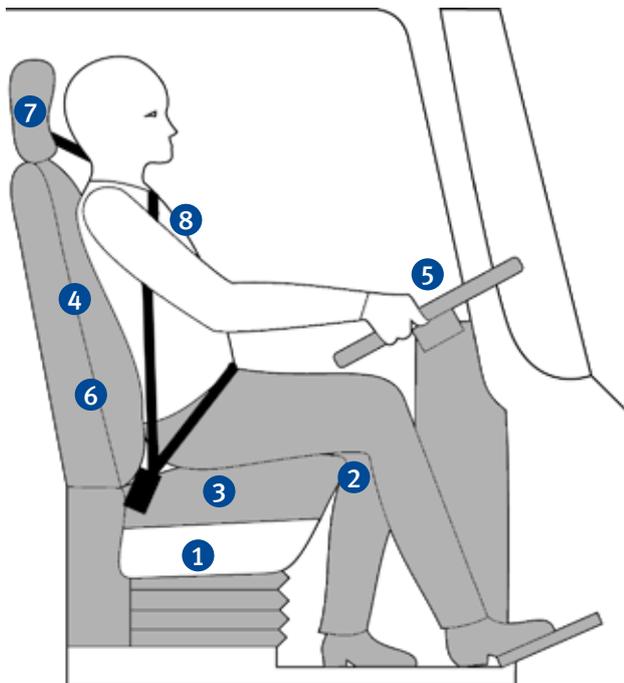
Adjust to feel support without uncomfortable pressure on your back.

7 Adjust the headrest

The top edge of the headrest should be level with the top of your head.

8 Correct seat belt position

Ensure the seat belt is not twisted. The shoulder strap should run approximately over the middle of the shoulder, not over the neck. The lap belt should rest as low as possible over the pelvis, not over the abdomen, and should always fit tightly. If necessary, tighten the strap a little.



Attention:

The seat belt does not provide optimum protection if the backrest is tilted too far back. In the event of an accident, you could even slip out under the seat belt and injure your abdomen or neck, for example.

Tip 2:

The objective is a slightly reclined, relaxed posture. When adjusting the seat, please ensure that all important controls of your vehicle are within easy reach.