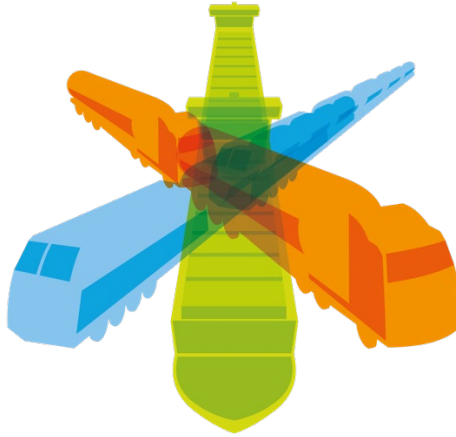




Correct seating posture

Procedure

Because you often sit in the driver's seat all day, correct adjustment is important for your health. The key is a good seat, correct adjustment and proper posture. It also helps if you:

- Change your sitting position occasionally;
- During a break, do not remain seated but take a short walk;
- Change stretching exercises occasionally;
- Have the seat serviced regularly;
- Have the seat replaced when it is worn;
- Do not carry a wallet in your trouser pocket.

See the next page for an additional illustrated example.



HOW TO SIT HEALTHILY:



1. Set the correct seat height and distance
 - Your feet must reach the pedals comfortably
 - Your thighs should be horizontal
 - The angle between your upper and lower legs should be 90 to 120 degrees

2. Ensure that the seat cushion provides sufficient support
 - Your thighs must be sufficiently supported
 - The blood vessels behind your knees must not be constricted
 - There should be approximately one fist of space between the seat edge and the back of your knee



3. Adjust the backrest and lumbar supports correctly
 - You should only just feel the lumbar supports
 - Your pelvis and lower back must be sufficiently supported
 - The seat-to-back angle should be 95 to 115 degrees, so the backrest is tilted slightly backwards

4. Set the steering wheel to the correct height and distance
 - Your arms should rest comfortably above the steering wheel
 - Your shoulders should be relaxed and lowered
 - When steering, your back must remain against the backrest