



POSTURE WHEN SITTING

DO THIS



- Shoulders back.
- Slight backwards curve in low back.
- Seat with front end at negative slope, seat angle to 110°.
- Use lumbar support in back rest.
- Contract abdominals 30%.
- Do Standing Back Extension exercises before and after driving.
- Do Seated Slouch Over-Correction exercises every 20 minutes.

DON'T DO THIS



- Do not slouch.
- Do not sit with rounded back or shoulders.
- Do not sit with back rest too straight and the seat tilted back.
- Not using abdominals to support the spine.