

Before you hit the road:

- Slide the seat forward to ensure all pedals can be depressed without stretching.
- Adjust the backrest to ensure the back is in contact with and supported by the seat.
- Set the backrest recline to a 100–110-degree angle. This helps to reduce disc pressure in your lower back.
- Ensure there's about two to three fingers of space between the front of the seat cushion and the back of the knees.
 - If the seat is too deep, the front edge will exert pressure on the back of the knees, be uncomfortable, and may impede proper blood circulation in the legs and feet. If needed, insert an external backrest, lumbar pillow, or a rolled piece of towel/clothing to relieve this pressure while providing additional lumbar support.
- Avoid sitting on your wallet or other objects in your rear pockets.
- Adjust all mirrors to ensure optimal view of the road.
- Adjust the steering wheel height to prevent raised shoulders and eliminate obstructed views.
- Position navigation devices in a visible area that doesn't obstruct the view of the road.
- Program navigation before leaving to avoid distraction while driving.

While driving:

- Avoid hunched postures.
- Hold the steering wheel with hands at the nine and three o'clock positions unless otherwise specified by the manufacturer.
- Avoid reaching across your body to hold the steering wheel with one hand over the top of the wheel.
- Adjust your posture regularly; sustained posture can create discomfort.
- During long rides, take breaks to get out of the vehicle and stretch your legs.
- Use sunglasses to cut down on glare which can lead to fatigue of eyes and cause sore neck and shoulder muscles resulting from squinting and hunched postures.
- Keep eye moisturizing drops handy.
 - Tired or dry eyes don't accommodate to changes in lighting levels quickly.
 - Tired eyes turn you into a tired driver and can slow your reaction times.

