

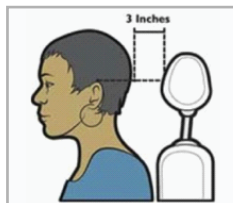
WE CARE ABOUT KEEPING YOU SAFE **LEARN ABOUT SEAT POSITION SAFETY**

1 *Your Seat*

A comfortable seat isn't just significant to how you drive your car but is also a call you'll have to make as far as body support is concerned. A good rule of thumb is to have the contours of the seat fit the contours of the body from thighs to shoulders, avoiding compressions and ridges. Flexible lumbar support is optimal as each driver is made differently and may require those adjustments frequently.

2 *Your Headrest*

The headrest should be able to be adjusted in such a way that your head is protected and supported well in the event of a rear-end collision. The top of the headrest should reach no further than the top of the ear.



The rest should also sit no further back than three inches from the back of the head. Head restraints set too low or too far back will not properly protect the head or neck in the event of a crash

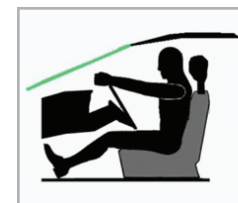
Equally important, if not more so, are the position of seat belts across the body. To begin with, make sure your belt is easily accessible. A seat belt should fit comfortably and accurately across the shoulder, chest, and hips. Under normal driving conditions, your belt should allow you to move freely and without constriction.

3 *Your Steering Wheel*

Several adjustments may be made to a steering wheel to accommodate your individual needs. Most steering wheels give you the option of moving up and down, adjusting to your individual height but many vehicles also offer the option of a telescoping design, moving the wheel toward and away from the body for your comfort. A good question to ask yourself is if the wheel itself feels comfortable in the hands. Also, it's important that the horn can be easily used in case of emergency.

4 *Your Driving Position*

Access to the pedals should feel comfortable but should be no less than 10 inches away from the wheel itself. This will allow the air bag enough room to deploy if it serves necessary.



For those who favor the shorter side of height, consider a vehicle with adjustable pedals as they can provide a more comfortable as well as a safer driving position. Finally, access to all dashboard controls should be within eyesight and there should be adequate space between the ceiling and the top of your head.

Maintaining appropriate posture through the length of a car ride can help ensure protection of the head and neck in the event of a crash. Head restraints only work if the head and neck are parallel with the back of the rest.

5 *Ideal Impact Position to Prevent Whiplash*

If a crash is inevitable and you have sufficient reaction time, the attempt of leaning the head and neck into head restraint as well as looking forward can minimize the effects of whiplash.

The Insurance Institute for Highway Safety's (www.iihs.org) front-seat ratings or Consumer Reports' auto-test reports for rear-seat head restraint evaluations can be valuable resources when evaluating your next car purchase. For more information on this topic, visit our source at Consumer Reports:

<http://www.consumerreports.org/cro/2010/08/many-cars-don-t-protect-against-whiplash-injuries/index.htm>

*At Service King we don't just fix wrecked cars.
We help repair people's lives.*