1. SEAT HEIGHT AND ANGLE

To make sure you have a good view of the road ahead, you'll need to adjust the height of your car seat. You'll also want to adjust the angle for posture.

- Adjust the height of your car seat until you have a good view out of the front windscreen and the rear mirror. You'll be able to do this with a lever at the side of your chair, or a button.
- Be careful when you do this— you don't want your head to touch the roof.
- If you don't have the ability to adjust the height, find a suitable cushion to give you the lift and support you need.
- You can then adjust the angle of the backrest with a dial at the side of the seat, or a button. Keep moving it until you're comfortable.

2. SEAT POSITION

Next, you need to adjust how close you are to the steering wheel and pedals. You need to get this right in order to drive safely and comfortably.

- You need to adjust the position of your car seat until your legs have adequate room to reach the pedals, without brushing against the steering wheel.
- Typically, you'll be able to do this with a bar/lever at the bottom of the seat, or a button.
- You need to be able to depress all the foot pedals without moving forward on your seat. You'll also need a slight bend in your knees.
- You've also got to check that you can reach the steering wheel. If you find yourself stretching too far, you need to move the seat closer.

3. HEADREST

Your next step will be to adjust the headrest to suit your current position. It should only take you a minute or so to set up.

- In the event of a rear-end collision, your headrest will help protect you against whiplash. As such, it's important that you take the time to adjust it to suit you.
- There will typically be a button on the side of the headrest that will allow you to move it.
- Face forward and move your hands behind you on either side of the headrest. Then, push the button and push/pull the headrest to adjust its position.
- Ideally, you'll want to move the headrest until the very top of it is level with the top of your head.

4. SEATBELT

The last step on setting up your car seat is adjusting your seatbelt.

- Depending on the position and height of your car seat you might need to adjust the height of the seatbelt so that it rests against you in a safe and proper fashion.
- You should be able to find a sliding clasp on the B-pillar which will allow you to adjust the height.
- Slowly, start to move the clasp up or down until the diagonal strap sits over your shoulder, not your neck.
- You'll also need to make sure that the horizontal strap rests over your pelvis, not your stomach.

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When you sit behind the wheel, your back should be resting directly against the backrest of the seat. You should not be moving yourself forwards so that you can reach the pedals. If you find yourself doing this, go back to square one and adjust your car seat again. The key here is to move the car seat if you can't reach the wheel or pedals—not yourself. As you're sat there, check that the back of your knees don't touch the bottom of the seat. There needs to be a two finger gap.

1. Sit All The Way Back
   - When you sit behind the wheel, your back should be resting directly against the backrest of the seat.
   - You should not be moving yourself forwards so that you can reach the pedals. If you find yourself doing this, go back to square one and adjust your car seat again.
   - The key here is to move the car seat if you can't reach the wheel or pedals—not yourself.
   - As you're sat there, check that the back of your knees don't touch the bottom of the seat. There needs to be a two finger gap.

2. Hold The Steering Wheel
   - Once you've sorted out your car seat and the way you're sitting, you need to make sure you're able to comfortably grip the steering wheel.
   - Typically, you'll hold the wheel with your hands at either 9 o'clock and 3 o'clock, or at 10 o'clock and 2 o'clock. It doesn't matter which position you pick, as long as it's comfortable for you.
   - If you find that you can't rest your hands in either position well, adjust the car seat once more.
   - When you drive, keep both hands on the wheel. This isn't just for safety purposes. It's because driving one-handed can lead to bad posture.

3. Rest Your Left Foot
   - If you're driving a manual car, you'll notice that while your right foot is always busy, your left foot won't have to do as much.
   - Unless you're changing gears, or stopping the car, your left foot won't be doing anything. Until you need to use the clutch pedal, you should rest your foot at the side of the pedal.
   - This will be beneficial for your posture, as you won't be tensing your left foot all of the time.
   - By comparison, your right foot should never move away from the brake and accelerator pedals.

This last step is relevant only to manual car drivers, and concerns the position of their feet at the pedals.