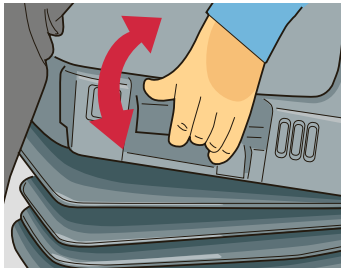
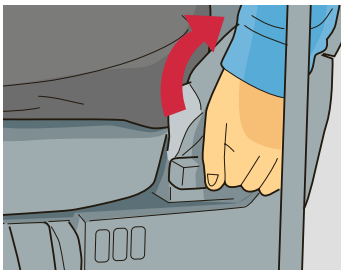


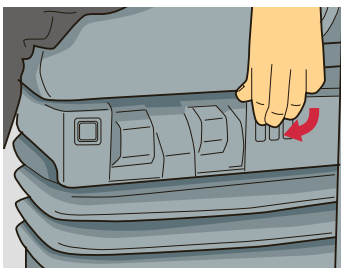
1. Raise the seat to a comfortable position. To sit correctly, you should have an upright seating position.



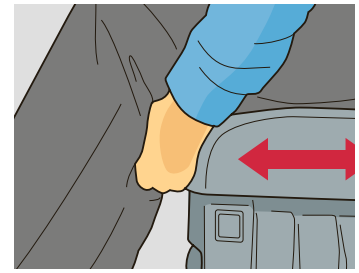
2. Tip the seat forward. This increases the chance of an upright position.



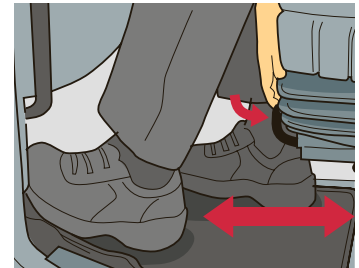
3. Tilt the backrest backward so that the hip angle is at 100 to 110 degrees. This means that the centre of gravity of the body is closer to the spine, which relieves the load on the discs and spinal joints and reduces the load on the hip joints.



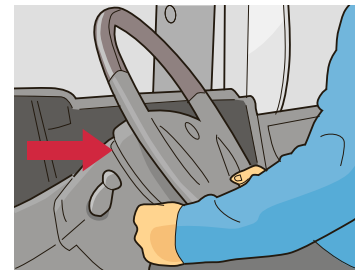
4. Set the lumbar support so that it follows the shape of your back.



5. Adjust the seat to a fist's width away from the back of your knees.



6. Move the entire seat to a position where you can press down the pedals fully without straining.



7. With the adjustable steering column position, adjust the steering wheel so it's as close as possible to your body. This reduces the forward torsion on your body, relieving the load on your back and neck.

SIT TIGHT!

The driving position in a Scania cab can suit the tallest, smallest or heaviest driver. But what is the ideal position to reduce the load on the back, neck and shoulders? We have put together a driver's guide to help you decide.

Illustration: Kjell Thorsson

COMMON MISTAKES

Time: Many drivers do not spend enough time adjusting their seats properly. Allow yourself a couple of minutes to really take advantage of all the possibilities before driving.

Variation: Many drivers 'get stuck' in the same driving position. Try to vary the position – "the best driving position is the next position."

Source: Vehicle ergonomics department at Scania