



for BUS Drivers



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Adjusting Your Bus Seat So It Fits You

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Bus drivers come in a variety of sizes. Therefore, the bus seat needs to be adjusted to fit each driver as much as possible. Here are a few ways to help make the seat fit better for you:

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1. Adjust your seat so it is comfortable when you sit in it and so that your feet can touch the pedals.

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2. Sit in a neutral posture to support your spine – you're your neck and back straight.

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3. If the seat pan has an angle adjustment, tilt it slightly forward to maintain the lumbar curve when reaching or leaning forward.

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4. If the seat back has an outward curve, adjust the seat's height so the curve fits your low back.

5. Try various seat angles until it feels comfortable.

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6. If there is a gap between your spine and the back of the seat, try placing a rolled-up towel or back cushion there to provide you lumbar support.

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7. Use a back and seat support cushion to provide pressure/vibration relief.

Other activities to help with your comfort:

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- Be sure to flex and stretch your muscles daily, including your feet, to keep your muscles mobile.

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- Between stop-overs, get up and move around to flex and stretch your muscles.

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- Change positions of your hands on steering wheel.