PROPERLY POSITION YOUR SEAT

REDUCE:

NECK PAIN | LOWER LUMBAR PAIN | DISC COMPRESSION
HIP AND LEG PAIN | HAND LEG AND FOOT NUMBNESS

KNOW YOUR NATIONAL SEAT

ADJUSTMENT STEPS

1. Adjust Seat Height
   See gauges and road without looking down
   Head should be level and vertically in line with shoulders and hips
   Seat back should support spine and head
   Adjust lumbar to firmly support lower back

2. Adjust Seat Distance
   Hands on steering wheel, shoulders back, elbows in,
   and arms softly bent, 90 to 135°
   Position seat so leg is able to fully depress break pedal
   without full leg extension

3. Adjust Seat Back Angle
   Head should be level and vertically in line with shoulders and hips
   Seat back should support spine and head
   Adjust lumbar to firmly support lower back

4. Seat Cushion Tilt
   Highway driving hip opening at 90°
   Inner city driving position at 105° with the front cushion down and the rear cushion up

FOR MORE INFORMATION VISIT NATIONALSEATING.COM OR CALL 800-222-SEAT(7328)