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crash fact

Each year on average, just over 70 per cent of people injured in collisions report a soft tissue injury such as whiplash. Many also had other injuries. A study of seven Canadian provinces found that 53 per cent of the drivers observed have head restraints that are so inadequately adjusted that they would not protect the occupant from injury in a rear-end collision.

Source: MSN: Autos:
Head Restraints: Saving
Your Neck

In **chapter 1, you in the driver's seat**, you learned how important it is to make good choices when driving. It's also important to learn how your vehicle operates. Mastering the controls is one of the first steps to safe driving.

Adjust for safety

To drive safely, you need to be able to comfortably reach your vehicle's controls and see clearly around you. Before you start the engine, always adjust your seat, head restraint and mirrors. Never adjust your seat or the steering wheel while the vehicle is moving.

Seat

Your seat should be upright and in a position where you can:

- push the small of your back into the seat
- sit upright, never with a reclined seat
- with your right foot, reach the floor behind the brake pedal and still have a slight bend in your leg
- turn the steering wheel and keep your arms slightly bent
- reach all the controls
- keep your left foot comfortably on the space to the left of the brake pedal or clutch pedal.

You should also be at least 25 cm (10 in) away from the driver's airbag.

Head restraints

Head restraints can help prevent soft tissue injuries such as whiplash. Whiplash is an injury to the neck, head and or shoulders after being subjected to a snapping motion. Adjust your head restraint so the top is at least level with the top of your head. Position your head restraint as close to the back of your head as possible. It may be necessary to adjust your seat back position to do this. Closer head restraints can be twice as effective in preventing injuries than if they're set too far back.

Make sure your head restraint is adjusted to the height that is right for you.



If you are in a crash and your head restraint is not properly adjusted, this can be the result.

