

OUTSTANDING ERGONOMICS

What makes a good car seat? What should drivers who suffer from back pain look for when selecting one? Germany's AGR organization – known in English as the Campaign for Healthier Backs – sets out to assist consumers in their search for particularly back-friendly products.

To do so, it established the AGR Seal of Approval, which it awards to those products whose back-friendly design has been verified by an independent committee of experts from a variety of medical fields.

For decades, RECARO seats have been setting standards of excellence in ergonomic design. In awarding the AGR Seal of Approval to our RECARO aftermarket car seats, RECARO Style and RECARO Ergomed, the Campaign for Healthier Backs has confirmed this.



RECARO Style Topline XL



RECARO Ergomed ES

RECARO Style Topline XL, RECARO Ergomed E and Ergomed ES:
Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools. More information: AGR e.V., Pf. 103, D – 27443 Selsingen, Phone + 49 4284/92 69 990, www.agr-ev.de



View the video about correct seat adjustment on your smartphone!

The eight RECARO steps to correct seat adjustment are also available as a video on the RECARO Automotive Seating website at www.recaro-automotive.com/videos or on the RECARO YouTube Channel at <http://www.youtube.com/recaroautomotive>.



Simply scan this QR Code to open the video on your smartphone and follow the presented steps right in your car.

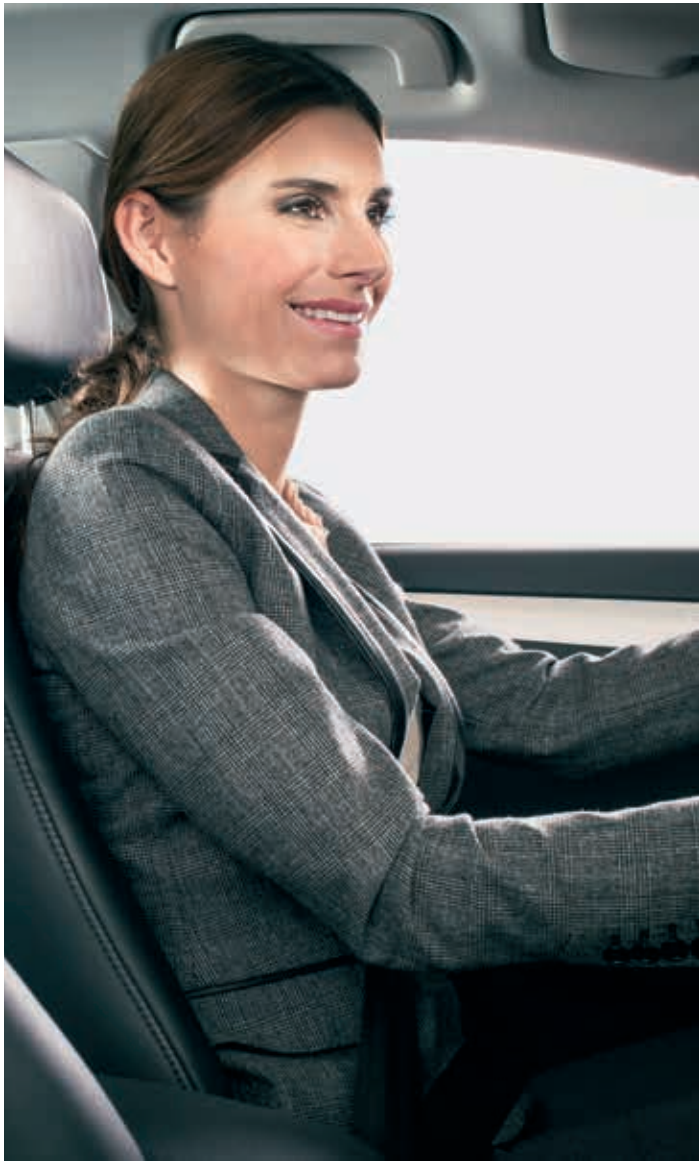
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ARE YOU SITTING RIGHT?

Find out what RECARO seats do for your back



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ON THE MOVE IN COMFORT

Have you ever experienced tension, numbness and pain in your back after having been behind the wheel for several hours? These symptoms can be the result of an incorrectly adjusted driver seat or poor sitting posture. At RECARO Automotive Seating, we offer a solution to both possibilities. Take a few minutes to read through our tips. Your back will be eternally grateful!

Since no two human bodies are the same, it's worth relying on our ergonomics experts at RECARO. Our RECARO car seats are also specially shaped to provide a healthy sitting posture for the spine. Their numerous adjustment functions enable you to adapt them to the specific shape of your body and to your own particular comfort-related needs. So you will arrive at your destination feeling comfortable and relaxed.

SITTING RIGHT

Even the best ergonomically designed car seat can only do its job of supporting the driver if it has been properly adjusted. In doing so, the correct order of adjusting the seat to your particular body dimensions and comfort-related preferences is crucial. The image on the right illustrates an optimally adjusted seat.



Step 1:

Push your bottom as near as possible to the backrest. The distance from the seat to the pedals is adjusted so that your knee is slightly bent when the pedals are fully depressed.



Step 2:

Rest your shoulders as closely as possible on the backrest. Set the backrest tilt so that the steering wheel is easy to reach with slightly bent elbows. The shoulder contact must be maintained when the steering wheel is turned.



Step 3:

Set the seat height as high as possible. This ensures an unobstructed view to all sides and all displays on the instrument panel.



Step 4:

Set the seat cushion tilt so that it is easy to fully depress the pedals. The thighs should rest gently on the seat cushion without exerting pressure on it. Check the backrest tilt before starting the engine.



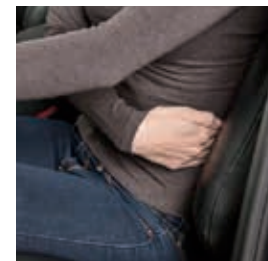
Step 5:

Adjust the extendable seat cushion so that the thighs rest on it to just above the knee. A rule of thumb is that there should be two or three fingers clearance between the seat edge and the hollow of the knee.



Step 6:

The lumbar support has been adjusted correctly when the lumbar part of the back is supported in its natural shape.



Step 7:

The seat's side bolsters should fit so snugly to the body that the upper body is supported comfortably at the side without being restricted.



Step 8:

If possible, adjust the upper edge of the headrest to the same height as the top of the head. Tilt: The distance to the head should be approx. 2 cm.