

## *Fitting the Car to the Driver*

### **Seat**

- Make sure you can reach the center of the brakes and gas pedals with the ball of your foot
- Your chest should be at least 12 inches from the air bag located in the center of the steering wheel
- Make sure the seat is high enough for your line of sight to be three inches above the steering wheel.

### **Headrest**

- Adjust the headrest to touch the middle of your head, not **your** neck

### **Mirrors**

- Before you start your vehicle, adjust your rearview mirror so you can see as much of the rear window as possible.

*If you are over six feet tall, the inside rearview mirror may block your view through the windshield. To increase your forward visibility, the AAA suggests turning the rearview mirror upside down with the day/night switch on top.*

- For the mirror on the driver's side, while in the driver's seat:
  1. Place your head against the driver's side window
  2. Adjust the side mirror on your left so you just see the side of the car.
- For the mirror on the passenger's side, while in the driver's seat:
  1. Move your head to the center of your car under the rearview mirror
  2. Adjust the passenger side mirror so you just see the side of your car

For most people this is a big change. We urge people to make this change gradually over the course of a week or two.

### **Seat Belt**

- Always wear a seat belt when driving. This can become difficult if:
  - Flexibility restrictions limit your ability to reach over the shoulder to grab the belt
  - Reduced strength makes it difficult to pull the belt over the chest to the clasp at the seat
  - Loss of dexterity from arthritis prevents fastening the belt buckle into the seat latch