

## Self Comfort Check for Car Users

**With this checklist, the more "YES" answers there are the better. This is particularly important for those who frequently drive long distances. If NO answers start appearing consider having an Assessment.**

**Contact us.....**

	YES	NO
Are your shoulders relaxed, and arms not reaching out to the steering wheel?		
Is there adequate clearance for your thighs and knees when using the pedals?		
Does your seat lumbar adjustment give adequate back support?		
Is your back well supported and remaining in contact with the seat?		
When seated are you able to access the pedals easily?		
When seated, are your thighs supported along the length of the cushion?		
Is your seat height adjustable to improve road vision?		
Is your mobile phone appropriately positioned?		
Is your car environment comfortable?		
Do you take frequent breaks on long trips?		
Is the boot storage space easily accessible and adequate for needs?		