



Safety begins in the driver's seat

Mind how you sit in the car

Rearview mirrors are not for admiring your mug, and the car seat is not a lounge sofa, and do mind where you plant your foot

Almost everyone who drives a car claims that he or she knows what safety is all about. Safety? Like following the road signs, not jumping the traffic signals and not overtaking other vehicles from the left side, right?

Well, to an extent. Things can go wrong (read: accidents can occur) on the road due to various reasons, sometimes due to such basic things as a bad sitting position, which increases your reaction time.

In this first part of a series about safe driving, we take a look at how the driver's seating position and posture have a bearing



It's a safety requirement to have your knees bent with the foot on the brake, and in case of a manual – on the brake and clutch pedals on road safety. It goes without saying that the driver's comfort and convenience are essential for safe driving. Too many people sit too close to the steering wheel, and many don't even have their mirrors properly adjusted. So, what's the right way to sit behind the wheel, and what are the first things a driver ought

to do before zooming off? We discuss three here:

Seating position

Adjust your seat so that you are sitting high enough to look over the steering wheel and the hood. There is a simple way to determine the correct seat height for city conditions: put a fist between your head and the ceiling of the car; in case of bad or off-road conditions, make the gap two fists' high. Your legs should not be too straight while driving. They should be slightly bent so that you'll have complete control over the foot pedals.

Steering wheel

You should be sitting far enough from the steering wheel for your arms to be slightly bent. This allows for better control. If the vehicle is equipped with a driver airbag, make sure you are holding the wheel slightly below the 9 o'clock and 3 o'clock positions so that, in the event of the airbag's getting deployed, your thumb is not broken or dislocated.

Mirrors

Sit up straight and, without moving your head, check the mirrors to ensure they are at the right level. Position the side-view mirrors slightly wider, so that you can see what's beside the car you are driving. Remember that you don't need to see the side of your car in the mirror.

Arup Das



High seating improves visibility, but too high up means uncomfortable head-roof contact



Set steering so that clocks are visible and arms are slightly bent for less turning effort



Not many use mirrors, but they can save you the unnecessary rear end and side collisions

**Your seat belt is very fashionable.
It makes your chances of survival look good.**

 APOLLO TYRES

Safe drive

CHECK. SET. GO