What makes a good commercial vehicle seat? What should professional truck 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 both RECARO aftermarket commercial vehicle seats – the RECARO C 6000 and the RECARO C 7000 –, the Campaign for Healthier Backs has confirmed this.

OUTSTANDING ERGONOMICS

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 www.youtube.com/reocaomotive.

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

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RECARO C 6000 and C 7000
Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.

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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!

The commercial vehicle seat is the professional truck or bus driver’s workplace. A good one must reliably meet the highest standards in terms of ergonomics, functionality and durability.

Since no two human bodies are the same, it’s worth relying on our ergonomics experts at RECARO. Our commercial vehicle seats are 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. This allows you to focus on performing on your work behind the wheel without becoming fatigued, so you can arrive at your destination feeling comfortable and relaxed.

SITTING RIGHT

Even the best ergonomically designed commercial vehicle 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:
The height of the seat should be adjusted to ensure that you have an optimal view of all vehicle mirrors, displays and controls, while also being able to fully and effortlessly operate the pedals.

Step 2:
Press your buttocks as firmly as possible against the backrest. Adjust the seat’s distance from the pedals so that your legs remain slightly bent while fully depressing the pedals. You should also be able to fully grip the steering wheel with your arms slightly bent.

Step 3:
Adjust the seat cushion length so that your thighs extend slightly beyond the edge of the seat cushion. Rule of thumb: 2 to 3 fingers of space between the seat edge and the hollows of your knees.

Step 4:
Adjust the seat to an angle at which you can easily and fully depress the pedals with your legs remaining slightly bent. Your thighs should rest lightly on the seat cushion, without any pressure from the seat cushion’s front edge being felt.

Step 5:
Press your buttocks as firmly as possible against the backrest. Adjust the backrest to an angle at which you can fully grip the steering wheel with your arms slightly bent. When turning the steering wheel, your shoulders should maintain contact with the seatback.

Step 6:
Adjust the shoulder support so that it optimally suits the natural S-curve of your spine. Your shoulders should contact the backrest without any exerted pressure.

Step 7:
Adjust the pelvic support so that your pelvis is tilted slightly forward while sitting upright. Adjust the lumbar support so that the natural curvature of the lumbar portion of your spine is supported without any exerted pressure.

Step 8:
The side supports should be adjusted close enough to your body that the sides of your torso are comfortably supported without any constriction.

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