



CarFit Self Assessment Checklist

Several vehicle safety features require adjustment to get the most comfortable and safest fit.

Each person is unique and may require different settings behind the wheel (seat, steering wheel, etc.).

If there is more than one driver of a vehicle, it is important to make changes that give you the safest fit each time you drive.

You may need to make these adjustments each time you drive.

As you move through the self-assessment checklist, read the education and instructions, complete the self-check, explore tips for a better fit, and note any questions.

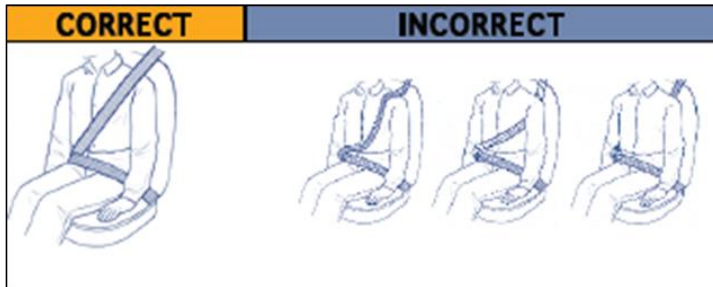
Once finished, we recommend you circle key points you want to remember to adjust each time you drive.

For more information visit: www.caot.ca/carfit

Seat Belt

A seat belt that is adjusted correctly reduces the chance of ejection, keeps a person in place, and absorbs energy forces during a crash.

- **Wear a seat belt every time you drive, no matter what the distance.** It's the law! Failure to wear your seat belt could result in a fine.
- In addition to your vehicle's crumple zone protection, your seat belt is your first line of defence in a crash.
- The seat belt is designed to be used in combination **with the air bags** for maximum safety benefit.
- Wearing a seat belt will help prevent displacement or ejection from the vehicle during a crash.
- Wearing your seat belt correctly is the easiest, quickest, and most effective way to stay safe.



Correct Method (see diagram): The seat belt should sit low on the hips and across the shoulder. The larger stronger shoulder and pelvic bones are better able to withstand crash/collision forces than other areas.

Incorrect method: The seat belt is too loose or positioned incorrectly (see diagram examples). Incorrect seat belt placement across the mid-section (or soft tissue) of the stomach can contribute to internal injuries. Keep mind, the full width of the belt is required to spread collision forces across the body. A seatbelt should not be twisted, loose, under the arm, or behind the back.

<p>Instructions</p> <ol style="list-style-type: none"> 1. Sit up, centred in your seat, as if you are preparing to drive. 2. Reach and buckle your seat belt. 3. Snug it up, mid shoulder and low across hips. 4. Check if positioned correctly. <p>CarFit Tip: Tape the diagram of correct seat belt position to your paper ruler and keep it handy for a quick check.</p>	<p>Self-check</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yes, my seatbelt crosses shoulder (mid collar bone) <input type="checkbox"/> Yes, lap belt is positioned low across the hips / strong pelvic bones <input type="checkbox"/> Yes, I am able to buckle and unbuckle my seatbelt comfortably <p>Safety Check</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yes, my seatbelt is snug. I can no longer fit a fist between self and lap belt. Snugger is safer! 	<p>Tips for a better fit:</p> <p>Is your shoulder strap still uncomfortable or near your neck?</p> <p>Try raising or lowering the seat belt height using the adjuster built into the doorframe (if you have one). Did the position of seat belt crossing shoulder improve?</p>	<p>Notes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I still have a question.
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Steering Wheel Tilt

- The steering wheel should be adjusted so the airbag is aimed toward the driver's chest and **NOT** the head or face.
- An airbag is housed in the centre of the steering wheel. The tilt of the steering wheel determines the angle at which the airbag deploys.
- The tilt of the steering wheel can be a little tricky. The driver needs to aim the airbag toward chest while making sure speedometer and dash information are still visible!

<p>Instructions</p> <ol style="list-style-type: none"> 1. Look at the angle of your steering wheel 2. Locate steering wheel tilt adjustment lever (some tilt and some also telescope) 3. Raise or lower your steering wheel so the centre is aimed toward your chest, not face. Ensure you can read your instrument panel while also leaving space between the wheel and your legs. 4. Lock the adjustment lever. 	<p>Self-check</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yes, my steering wheel is positioned towards my chest and not my face. <input type="checkbox"/> Yes, I have enough space for two fingers to pass between my thighs and bottom of steering wheel. <input type="checkbox"/> Yes, I can comfortably reach the steering wheel. <p>Safety Check</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yes, once the angle is adjusted, I can easily see my odometer and fuel gauge. 	<p>Tips for a better fit:</p> <p>If unsure how to adjust – check your vehicle's owner's manual for a diagram and explanation of the mechanism, its location, and how it works.</p>	<p>Notes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I still have a question.
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Additional Notes

Distance Between Chest and Airbag

- The goal is to comfortably sit at least 25 centimetres (10 inches) away from the steering wheel and still reach the pedals.
- If deployed in a crash, the airbag is meant to absorb crash forces at the broadest part of the body; the upper torso/chest (not the head).



•Airbags supplement the seat belt by reducing the chance that the occupant’s head and upper body will strike some part of the vehicle interior. They also help reduce the risk of serious injury by distributing crash forces more evenly across the occupant’s body.

•Sitting too close to the airbag can cause serious injury to the upper body. 25 centimetres (10 inches) is the minimum distance to avoid major injury should the airbag deploy.

<p>Instructions</p> <ol style="list-style-type: none"> 1. Sit up centred in seat with both hands on the steering wheel in driving position. 2. Adjust so you are at least 25 cm (10in) away from steering wheel. <p>CarFit tip: Use everyday items to estimate this distance such as a letter-sized piece of paper, a business envelope, or ruler.</p> <ol style="list-style-type: none"> 3. If too close, make adjustments to achieve your desired position: <ol style="list-style-type: none"> a. Use seat base control to move seat closer or further from steering wheel. b. Use seat back control to adjust more upright or reclined. 	<p>Self-check</p> <p><input type="checkbox"/>Yes, there is at least 25 cm (10 in) between me and the airbag housed in steering wheel</p> <p><input type="checkbox"/>Yes, I have an “everyday” item to estimate 25 cm (10 in) every time</p> <p>Safety Check</p> <p><input type="checkbox"/>Yes, I am still able to reach and fully depress gas (accelerator) and brake pedals.</p>	<p>Tips for a better fit:</p> <p>Still closer than 25 centimetres (10 inches)?</p> <p>Try adjusting one thing at a time:</p> <ul style="list-style-type: none"> • Seat base: move closer / further from steering wheel or raise / lower. • Seat back: move forward/ upright or recline slightly back <p>Re-check: Centre hips again and put both hands on the steering wheel- is this better?</p> <p>Consult the owner’s manual for diagrams and explanations of seat controls. Note that some are preset to work in combination.</p>	<p>Notes:</p> <p><input type="checkbox"/>I still have a question.</p>
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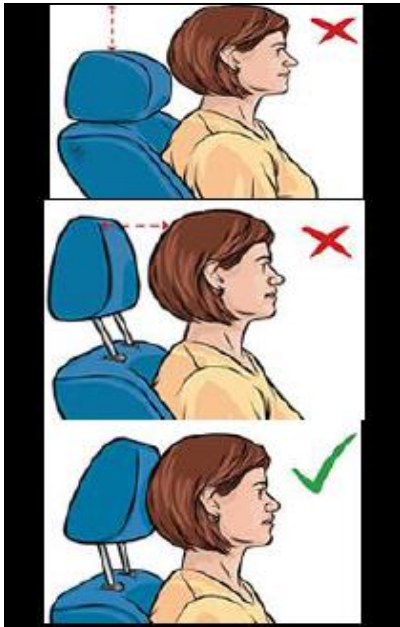
Line of Sight Above Steering Wheel



- A minimum of 7 to 8 centimetres (3 inches) above the top of the steering wheel is important for a safe line of sight.
- Visibility surrounding the vehicle to both front and sides is critical for safe driving. Line of sight should not be restricted by dashboard, steering wheel, or other items.

<p>Instructions</p> <ol style="list-style-type: none"> 1. Place both hands on steering wheel, and sit squarely in a “driving” position. 2. Look straight ahead. Can you fully see the road ahead and to the sides without obstruction from the steering wheel or dash? 3. Estimate 7-8 cm (3 in) by folding a piece of paper in half length-wise and placing it on top of the steering wheel. <p>CarFit Tip: you can also estimate using the width of 3 or four of your fingers.</p> <ol style="list-style-type: none"> 4. Adjust your seat to see at least 7-8 cm (3 in) over the steering wheel. 5. Still too low? Readjust steering wheel and re-check. 	<p>Self-check</p> <p><input type="checkbox"/> Yes, my clear and unobstructed line of sight is 7-8 centimetres (3 inches) or more above the (adjusted) steering wheel.</p> <p>Safety Check</p> <p><input type="checkbox"/> Yes, I created a reminder to estimate 7-8 cm (3 in) every time I drive (a folded piece of paper or I can use 3 or 4 fingers)</p> <p><input type="checkbox"/> Yes, I can easily see my instrument cluster including speedometer and fuel gauge.</p> <p><input type="checkbox"/> Yes, my dash is free of clutter</p>	<p>Tips for a better fit:</p> <p>Still too low? There are 3 separate solutions to consider:</p> <ol style="list-style-type: none"> 1. Adjust the steering wheel tilt (&/or telescope if available) 2. Raise the seat base 3. Bring the seatback forward so your sitting position is more upright. 	<p>Notes:</p> <p><input type="checkbox"/> I still have a question.</p>
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Head Restraint



- A correctly adjusted head restraint protects the occupants from “whiplash” and other injuries, particularly if the vehicle is rear-ended.
- The head restraint is positioned well when the ear is at mid-point of the head restraint and there is 6 centimetres (2.5 inches) or less between the restraint and head. If your head is touching the restraint, that is okay.
- Check if your head restraint is adjustable. Some vehicles have the heads restraint as part of the seat and it is not adjustable. Some vehicles offer adjustments that are manual while others require you to press a small button. Some vehicles even offer a power head restraint control.

<p>Instructions</p> <ol style="list-style-type: none"> 1. Adjust head restraint so your ear is positioned at the mid-point of the head-restraint. 2. Adjust seat until you are within 6 cm (2.5 in) of the head restraint. 	<p>Self-Check</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yes, my vehicle has an adjustable head restraint. <input type="checkbox"/> Yes, when I check with my hand, I feel that my ear is at mid-point of the head restraint. <input type="checkbox"/> Yes, the back of my head is less than 6 cm (2.5 in) away from the head restraint (touching is okay). 	<p>Tips for a better fit:</p> <p>Try adjusting both your head restraint and seat back to obtain the ideal fit.</p> <p>Stand outside your car to have a better view to examine where the head restraint attaches to the seat. You may need to get in and out, readjusting each time to get it right.</p> <p>When seated, use the vanity mirror on your visor (if you have one) to visually check position.</p>	<p>Notes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> I still have a question.
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Final Check



Now that you have completed the check, circle key items you will want to make sure you adjust each time you drive.



If you were unable to check yes to any of the self-check questions, or for additional information, consider participating in an in-person CarFit event in future.

Additional Notes