

## YOUR BACK INSURANCE



Many people spend a significant amount of time behind the steering wheel, either on the way to work or for recreational activities. This amount of mobility can cause problems, evident by the number of people who suffer from back problems.

RECARO ergonomic seats, such as RECARO Ergomed, can be adjusted optimally to the individual requirements of the driver with a variety of different position settings. RECARO seats support and stabilize the spine, relieving stress on the neck muscles. Your back will thank you for it!

The Healthy Back Association (Gesunder Rücken – besser leben e.V.) has awarded, among others, RECARO Ergomed E and ES their globally recognized Ergonomics Seal of Approval, identifying them as products that are specially designed to help you maintain a healthy back. In addition, the costs for a RECARO ergonomic seat may be assumed in part or in full by

insurers, such as Deutsche Rentenversicherung Bund (German Statutory Pension Insurance Agency), Bundesagentur für Arbeit (German Federal Employment Agency), welfare authorities, professional associations, and Deutsche Rentenversicherung Knappschaft-Bahn-See (German Pension Fund Knappschaft-Bahn-See) if certain conditions are met.

**\*Certified and recommended are following products:  
RECARO Ergomed E, Ergomed ES, Style Sportline,  
Style Topline, C 6000, C 7000.**

Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.  
More information: AGR e.V., Pf. 103, D - 27443 Selsingen,  
Phone + 49 4284/92 69 990, [www.agr-ev.de](http://www.agr-ev.de)



# RECARO Ergomed E and ES (with/without airbag)

## Highlights:

- Extremely ergonomic RECARO classics
- Fulfill the highest ergonomic requirements
- Best options for frequent drivers with back problems
- Awarded the Ergonomics Seal of Approval (AGR)



## Product benefits:

- RECARO climate package: seat ventilation and heating create the ideal seat temperature
- Height and tilt adjustment for optimum distribution of pressure on backside and thighs
- Extendable seat cushion
- Dual-chamber lumbar support allows the seat ergonomics to be smoothly adjusted without pressure points
- Integrated universal side airbag (transfer to another vehicle possible)
- Electro-pneumatically adjustable side bolsters for backrest and seat cushion (Ergomed ES)



**1.** Push your bottom as near as possible to the backrest. The distance from the seat to the pedals is adjusted so that your knee is slightly bent when the pedals are fully depressed.

**2.** Rest your shoulders as closely as possible on the backrest. Set the backrest tilt so that the steering wheel is easy to reach with slightly bent elbows. Shoulder contact must be maintained when the steering wheel is turned.

**3.** Set the seat height as high as possible. This ensures an unobstructed view to all sides and all displays on the instrument panel.

**4.** Set the seat cushion tilt so that it is easy to depress the pedals fully. The thighs should rest gently on the seat cushion without exerting pressure on it. Check the backrest tilt before starting the engine.

**5.** Adjust the extendable seat cushion so that the thighs rest on it to just above the knee. Rule of thumb: two to three fingers Space between the edge of the seat and the hollow of the knee.

**6.** The lumbar support has been adjusted correctly when the lumbar part of the back is supported in its natural shape.

**7.** The seat's side bolsters should fit so snugly to the body that the upper body is supported comfortably at the sides without being restricted.

**8.** If possible, adjust the upper edge of the headrest to the same height as the top of the head.

Tilt: The distance to the head should be approx. 2 cm.

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