Distance between chest and steering wheel: Approx _______ inches (Optimal distance is 10+ inches)

Distance between chest and steering wheel: Approx _______ inches

Line of sight above the steering wheel: Approx _______ inches

Was the driver able to identify the cue in each mirror after adjustments were made? Yes No

Can the driver identify the volunteer’s cue using the left outside mirror? Yes No

Can the driver identify the volunteer’s cue using the right outside mirror? Yes No

Can the driver identify the volunteer’s cue using the rearview mirror? Yes No

Provide education on mirrors and offer to guide them through alternate positioning. Inform driver that the adjustments can be made in small increments as they so choose.

Can the driver view the speedometer with ease? Yes No

Is the driver able to reach and operate the emergency flashers? Yes No

Are the headlights in working order? Yes No

Is the driver able to identify the volunteer by looking over right shoulder? Yes No

Can the driver identify the volunteer by looking over left shoulder? Yes No

Can driver identify the volunteer’s cue using the left outside mirror? Yes No

Can driver identify the volunteer’s cue using the right outside mirror? Yes No

Can driver identify the volunteer’s cue using the rearview mirror? Yes No

Provide education on mirrors and offer to guide them through alternate positioning. Inform driver that the adjustments can be made in small increments as they so choose.

Can the driver identify the volunteer by looking over right shoulder? Yes No

Can the driver identify the volunteer by looking over left shoulder? Yes No

Can the driver identify the volunteer using the rearview mirror? Yes No

Can the driver identify the volunteer using the left outside mirror? Yes No

Can the driver identify the volunteer using the right outside mirror? Yes No

Provide education on mirrors and offer to guide them through alternate positioning. Inform driver that the adjustments can be made in small increments as they so choose.

Can the driver identify the volunteer using the rearview mirror? Yes No

Can the driver identify the volunteer using the left outside mirror? Yes No

Can the driver identify the volunteer using the right outside mirror? Yes No

Provide education on mirrors and offer to guide them through alternate positioning. Inform driver that the adjustments can be made in small increments as they so choose.

Can the driver identify the volunteer using the rearview mirror? Yes No

Was the driver able to identify the cue in each mirror after adjustments were made? Yes No

Circle the ✓ for additional education by the OT.

At this point, take initial measurements of the driver-vehicle fit to steering wheel position.

Distance between chest and steering wheel: Approx _______ inches

Line of sight above the steering wheel: Approx _______ inches

Was education provided regarding the minimum distance required? Yes No

Second distance between chest and steering wheel: Approx _______ inches (Optimal distance is 10+ inches) Yes No

If an adjustment was made, has the driver achieved a safe distance? Yes No

Circle the ✓ for additional education by the OT.

Was the driver able to identify the cue in each mirror after adjustments were made? Yes No

Circle the ✓ for additional education by the OT.

Was education provided on adaptive devices that may be useful for the driver? If yes, please describe below:

Yes No

Was education provided on tires (traction, pressure, etc.)? Yes No

Was education provided on the importance of neck mobility. Circle the ✓ for additional education by the OT.

Was the driver able to identify the cue in each mirror after adjustments were made? Yes No

Circle the ✓ for additional education by the OT.

Was education provided on mirrors and offer to guide them through alternate positioning. Inform driver that the adjustments can be made in small increments as they so choose.

Is the driver able to identify the volunteer using the rearview mirror? Yes No

Can the driver identify the volunteer using the left outside mirror? Yes No

Can the driver identify the volunteer using the right outside mirror? Yes No

Provide education on mirrors and offer to guide them through alternate positioning. Inform driver that the adjustments can be made in small increments as they so choose.

Can the driver identify the volunteer using the rearview mirror? Yes No

Can the driver identify the volunteer using the left outside mirror? Yes No

Can the driver identify the volunteer using the right outside mirror? Yes No

Provide education on mirrors and offer to guide them through alternate positioning. Inform driver that the adjustments can be made in small increments as they so choose.

Can the driver identify the volunteer using the rearview mirror? Yes No

Was the driver able to identify the cue in each mirror after adjustments were made? Yes No

Circle the ✓ for additional education by the OT.

At this point, ask the driver to sound the horn of their vehicle. This will check that the horn is in working condition, and it will alert staff that a vehicle on property is about to move to the checkout station. Hand the clipboard to the driver and instruct them to proceed to checkout.

Was vehicle’s horn in working order? Yes No

To be completed at checkout by an OT, if available. Review of Checklist (ensure all items on the checklist were completed). Invite the driver to exit their vehicle and walk around the perimeter with you by their side.

Was education provided on tires (traction, pressure, etc.)? Yes No

Was education provided on the importance of cleanliness of headlights and windshield? Yes No

Are there any visible dents and scratches on the vehicle? If yes, review and discuss with driver Yes No

Was the driver able to enter/exit the vehicle with ease? Yes No

Is the driver currently using any adaptive devices? If yes, list: Yes No

Was education provided on adaptive devices that may be useful for the driver? If yes, please describe below: Yes No

List any other general notes or comments in the space provided below:
1. One or Several Drivers
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 the changes that give you the safest fit each time you drive. For example: If the other driver is taller than you— with longer legs — his or her seat adjustment will likely be much farther back than yours.

2. Safety Belt (Seat Belt) (See Figure 1)
a. Besides the crumple zone protection in your vehicle, your seat belt is your first line of defense in a crash. It is the easiest, quickest and most effective way to stay safe.
   b. The seat belt is intended to be used WITH the air bags for maximum safety benefit.
   c. Your safety belt must be used every time — on every trip — no matter how long or short the distance. It is also the law. Failure to use your safety belt could result in a fine.
   d. See diagram illustrating seatbelt adjustment. The seat belt should sit low on the hips and across the shoulder. The larger stronger shoulder and hip bones are better able to withstand crash/collision forces than other areas. Also, remember the full width of the belt is required to spread collision forces across the body. A seat belt should not be twisted, loose, under the arm or behind the back.
   e. Wearing a seat belt will help prevent displacement or ejection from the vehicle during a crash.

3. Steering Wheel Tilt
The steering wheel, housing the air bag in its center, should be adjusted so the center is aimed toward the driver’s chest and NOT the head. If sitting too close to the steering wheel, the air bag does not have the space required to deploy safely.

4. Head Restraint (See Figure 2)

   a. The correct way to wear a safety belt: Reduces ejection, helps keep person in place during a crash, and helps absorb energy forces during a crash.
   b. The height of the head restraint should be mid-ear or higher. The distance from the headrest to the back of the head should be 2 1/2 inches or less (touching). The distance from the headrest to the back of the backrest should be 1 inch.
   c. Adjusting the head restraint using an aftermarket device such as a cushion, and it may be wise to consult with a professional to fully understand your options.
   d. Wearing a safety belt will help prevent displacement or ejection from the vehicle during a crash.

5. Distance Between Chest and Steering Wheel (See Figure 3)
If deployed in a crash, the air bag is meant to absorb crash forces at the broadest part of the body, the upper torso/chest (not the head). Siting at least 10 inches away from the steering wheel offers a safe distance should your air bag need to deploy.

6. Line of Sight Above Steering Wheel
   a. Clear line of sight is essential to finding your safest fit. Your line of sight must be above the steering wheel and dashboard, allowing a clear view of the environment to the front and to the sides of the vehicle. Remember to ensure clear sight of the speedometer too.
   b. As we age, seated height commonly diminishes. This can occur slowly over time and changes often go undetected. Periodically measure your line of sight to ensure a clearance of 3 inches or more above adjusted steering wheel.
6. Head Restraint Adjustment
a. The correct way to wear a safety belt: Reduces ejection, helps keep person in place during a crash, and helps absorb energy forces during a crash.

7. Positioning to Gas and Brake Pedal
   a. It is important to be able to move your foot from the gas to the brake in a quick fashion, without having to look at the pedals. Practicing this movement while the vehicle transmission is in PARK can offer a helpful “refresher” before heading out, particularly if driving an unfamiliar vehicle.
   b. Reaching with the toes to press the brake is unsafe, fatiguing and can be a cause for leg and low back pain. Adjust the seat so the brake is comfortably fully depressed with the ball of the foot.

8. Mirror Use
   a. Each participant; Copy 2: Please send completed checklists and participant data forms to: CarFit, AARP Driver Safety, 601 E Street NW, Washington DC. 20049. Email: info@car-fit.org
   b. See adjustments can be intimidating. Proper use of adjusted mirrors will help reduce blind spots and make merging into traffic and changing lanes easier and safer. Make small incremental changes to your mirror settings and allow yourself the opportunity to become familiar with any changes. Please review the detailed suggestions included in the CarFit brochure and available at www.CarFit.org
   c. Make small incremental changes to your mirror settings and allow yourself the opportunity to become familiar with any changes.

9. Neck Mobility
   a. As we age, the flexibility in our neck may change. Neck mobility is important for the visual check before backing up or changing lanes. If neck mobility is painful it may be wise to seek advice from your physician.

10. Ignition Key
   a. You should be able to turn the ignition key to start your vehicle without any difficulty. Sometimes conditions such as arthritis may prevent us from being able to perform this task without pain. If you are having trouble, there are adaptive devices that can aid you.
   b. An occupational therapist can offer more information.

11. Operation of Vehicle Controls
   a. It is important that drivers can easily operate headlights, high beams, turn signals and emergency flashers or hazard lights. Emergency flashers should be used if you pull to the side of the road, break down (e.g., flat tire, stalled, dead battery or out of fuel), or if stopped by law enforcement or in a crash. Emergency flashers should not be used when the vehicle is in motion.
   b. The vehicle walk-around reinforces the importance of taking the time to observe the outside of your vehicle noticing any dents, dings, or scrapes, maintaining proper tire pressure, and ensuring clean headlights and windows for good visibility.

   The correct way to wear a safety belt: Reduces ejection, helps keep person in place during a crash, and helps absorb energy forces during a crash.

   Approximately 1/20th sec.

   Less than 1 sec.