

Get the Right Fit

AGING DRIVERS EXPERIENCE CHANGES that can challenge their ability to drive safely—from decreased flexibility to reduction in height. “It is critically important that mature drivers make safety a priority,” says Peter Kissinger, president of the AAA Foundation for Traffic Safety. “**One thing they can do is find their best person-to-vehicle fit.**” AAA has partnered to develop CarFit, a free assessment for drivers 65 and over. Are you and your car a good fit? Here are four things you can check now:

LINE OF SIGHT Drivers should be able to see at least three inches over the top of the steering wheel. If your line of sight is lower than that—or even below the top of the steering wheel—you’re not sitting high enough to see the road properly.

DISTANCE FROM STEERING WHEEL With today’s air bags, you should be at least 10 inches back from the steering wheel. That gives the air bag the time and space it needs to deploy in an impact and protect you during a collision.

ACCESS TO PEDALS You should be able to operate the pedals with the ball of your foot, without having to stretch your leg or reach excessively with your foot.

SEAT BELT POSITION The seat belt’s bottom strap should rest across your hipbones; the shoulder strap crosses your chest and the middle of your shoulder. If it cuts into your neck, or doesn’t rest firmly on your chest and shoulder, you’re not positioned right.

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The AAA Foundation for Traffic Safety has funded more than 200 research projects on traffic safety for the benefit of drivers. To learn more about senior driving topics, including CarFit, go to AAA.com/CarFit.