

Certified & recommended: ergoActive seat in the new Golf 7



Ergonomic car seats are getting increasingly significant. Volkswagen has now addressed the issue successfully in the new Golf 7. With immediate effect, even more motorists can benefit from the ergonomic advantages of ideal seats even outside the high-end range. The ergoActive seat was presented for the seal-of-approval test and convinced the interdisciplinary board in all respects.

We congratulate Volkswagen AG on being awarded the AGR seal of approval and are pleased that the new Golf will make it possible for even more people to enjoy back-friendly sitting comfort in their cars.

Volkswagen's comments on the certified product:

Scientists have long agreed that sitting is "one of the poorest postures". The reasons in brief: sitting down makes the muscles go limp. Weak muscles easily result in a hunchback. Both share responsibility for backache. Furthermore, excessive sitting compresses the inner organs, particularly in the respiratory and digestive systems. Needless to mention the excessive strain on the spinal column and intervertebral disks, together with headaches and varicose veins. In brief, it's time to think about "proper sitting".

Up to now, this has focused on sitting in rooms. But there is another "workplace" where countless people are literally tied to their seats: the car. There's usually no scope for compensatory movement so that active sitting is practically impossible. Conclusion: sitting in the car for longer periods of time is extremely stressful.

Doctors say that the car seat must adapt to the driver's body. But this is only possible when the backrest has an ergonomic design

and when it is possible to make individual adjustments to the height and tilt of the seat surface, the tilt of the backrest and the length of the thigh support. Fully variable adjustment of the seat depth and lumbar support are other basic requirements for a back-friendly car seat. Also vital: side guidance for the thighs and shoulders.

The seats in the new Golf 7 offer path-breaking comfort and back-friendly design. Well contoured body guidance,

**ergoActive seat:
sitting comfort and
ergonomic design
as in the high-end
range**

The new Golf 7 is equipped with comfortable, back-friendly seats

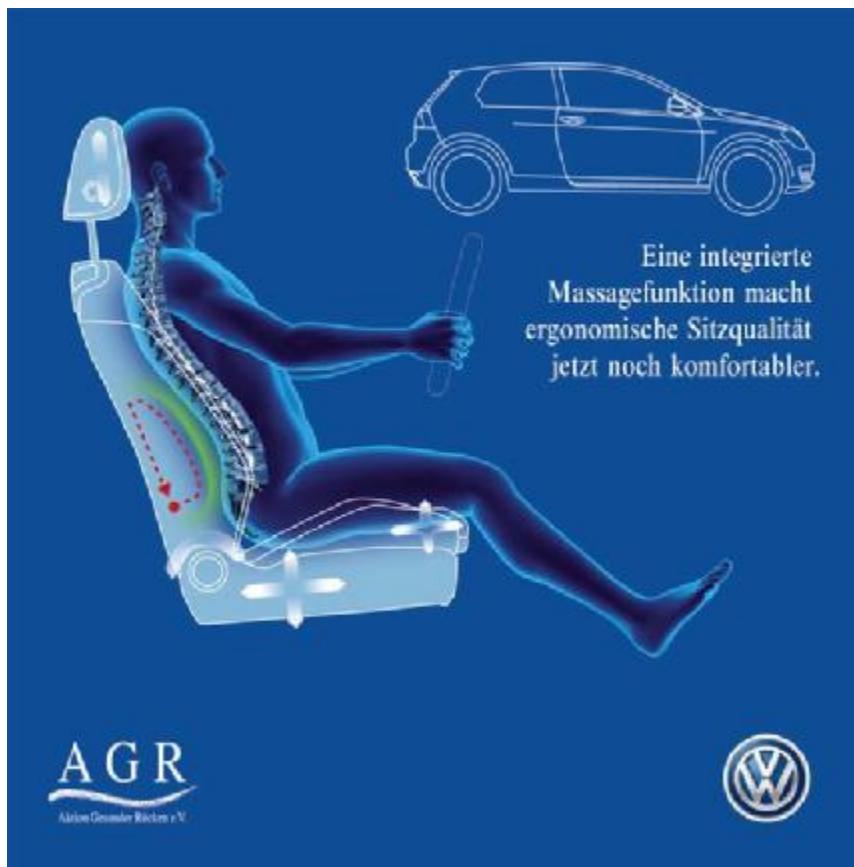


ideal support for dynamic driving and great comfort when travelling long distances. These attributes have been achieved with anatomically shaped foam contours together

with the optimised resilience and absorption properties of the cold foam upholstery components. The two superior specification versions "Comfortline" and "Highline" are already equipped with a 2-way lumbar support for the driver's and passenger seat as a standard feature. The optional 12-way front seats offer even more individual adjustments, now also electric.

An integrated massage function makes ergonomic sitting quality even more comfortable.

Another new development that is now offered in the Golf for the first time is the ergoActive seat with additional possible adjustments for the driver. For the first time in this class of vehicle, the standard seat height adjustment and seat heating are now accompanied by the possibility of adjusting the seat depth and seat tilt, together with electric adjustment of the 4-way lumbar support, plus massage function. In addition, the ergoActive seat offers extraordinary ergonomic characteristics, for which it has received the globally valid AGR seal of approval.



But the correct seat adjustment is also important, as well as the back-friendly design of the car seat. When it comes to safety in the vehicle, Volkswagen works together closely with the German motoring organisation ADAC. The ADAC has revealed that many car drivers use the wrong setting for their seat or don't know at all how the seat has to be adjusted.

How to adjust your car seat correctly

But it is of huge importance to adjust the car seat correctly, particularly before long journeys. The Campaign for Healthier Backs (AGR) recommends that the car seat should be adjusted as follows.

1. Move your buttocks right up against the backrest of the seat. Now adjust your seat so that your legs are slightly angled when the pedals are pressed right down.
2. The tilt of the backrest must allow you to hold the steering wheel with your arms slightly angled. To achieve this, adjust the backrest to an angle of approx. 110 degrees. Make sure that your shoulders remain in contact with the backrest even when steering.

3. If the head section of the backrest can be adjusted, this should only be changed if the normal contour of the backrest no longer provides sufficient support. Less is more in this context.

4. Now select your individual seat height. Sit as high as possible, but ensure that there is a hand's breadth of space between your head and the vehicle roof.

5. Adjust the seat tilt so that your thighs rest gently on the seat surface and you can press the pedals through without having to apply too much force.



The ergoActive seat by Volkswagen is simply exemplary with its additional adjustment possibilities.

6. When you have adjusted the length of your seat, there should be two to three fingers' width of space between the hollow of your knee and the front edge of the seat.

7. Adjust the head rest so it supports your head, not your neck. If the setting of the head rest is too low, this can cause severe injuries to the head and cervical spine in the event of a rear-impact crash.

8. If the backrest and seat surface have adjustable side supports, ensure that these are in gentle contact with the body without being constrictive.

9. Use the lumbar support feature (= inflatable projection in the lower part of the back rest) to support the natural form of your lumbar column. Always adjust this from bottom to top. The pelvis (belt line) is the most important area for support.

Check all the settings again in the same order. Then the seat will fit correctly.

On long journeys, a little massage can also help. Massage (supplementary feature in the ergoActive seat) moves the muscles and helps to prevent tension from static muscle tone. The movement caused by the massage function encourages (passive) dynamic sitting with repeated slight changes in the position. Dynamic sitting also improves the blood supply to the spinal muscles and intervertebral disks.

With the ergoActive seat in the Golf 7, we offer our customers outstanding sitting comfort which sets new standards for future generations of cars. ■

