

- *Living Well with Wawanesa*

Rest Up!

Save Your Neck.

Does Your Car's Head Rest Measure Up?

A recent study by the Insurance Bureau of Canada revealed that only 14% of Canadians have their **vehicle headrests** correctly adjusted. Improperly positioned headrests **will not** provide protection against soft tissue, whiplash injuries.

Soft tissue injuries—those that do not involve bones or organs—account for an estimated 80% of all collision-related injuries and approximately \$4 billion annually in insurance claims.

If your vehicle has adjustable headrests—and about 75% do—take a few minutes to check the alignment and make any necessary changes to reduce the risk of injury to yourself and your family.



Wawanesa
Earning Your Trust Since 1896

The Well-Adjusted Headrest:

1. The centre of the headrest should be slightly above the top of the ear.
2. The top of the headrest should be at least as high as the top of the head.
3. The distance between the headrest and the back of the head should ideally be between five and ten centimeters (two to four inches).

Poor Position



Ideal Position

