

## COMFORT SEATS COMPACT



## EXCELLENT POSTURE

When developing our seats, ergonomics and comfort are our top priority. We rely on comprehensive expertise gained over more than 100 years of company history combined with many years of experience in the production of high-quality seating systems for the automotive industry.

Human beings were not designed primarily for sitting down. The main issue is adequate supply to the individual disks in the spine, which is not ensured when a person is sitting.

RECARO products are designed with an ergonomically shaped seat contour which provides the framework for a comfortable sitting experience. Featuring the most important adjustment options, such as adjustable side bolsters on the backrest and seat cushion, extendable seat cushion, a lumbar support (depending on model), and comfort features such as heating or climate control, a RECARO seat, with its exceptional quality, ensures excellent posture in the car.



**RECARO Ergomed E & ES / RECARO Style Sportline & Topline:**  
Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.

# ARRIVE SAFELY AND RELAXED

If you are seated well you arrive at your destination more relaxed and productive. And you are able to work with more focus. Frequent drivers in particular know how important it is to be ready for work, appointments, and meetings after a long drive.

Human beings were not designed primarily for sitting down. It is therefore extremely important to take the strain off the body when sitting, especially during long car journeys. Ergonomically shaped padding, extendable seat cushion and seat height and seat tilt adjustment, perfect lateral support and an individually adjustable lumbar support take the strain off the back, support the spinal column, and provide an optimum sitting position.

An ergonomic sitting position also means a comfortable position. RECARO offers total comfort – from our special seat cushion design to the perfect seat temperature thanks to seat heating and active seat climate control. Various models also come equipped with an extra-high backrest for very tall drivers, and optional electrically adjustable operation feature and intuitive controls.

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

**Highlight:**  
High-end seat with universal side airbag

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



**RECARO Ergomed E & ES**  
Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.



## RECARO Style Trendline Sportline and Topline

**Highlight:**  
Extremely ergonomic seat with a sporty design

- Product benefits:**
- Seat also available in XL for particularly tall people (Sportline and Topline)
  - Adjustable side bolsters for adapting the seat to your body measurements
  - Extendable seat cushion and combined height and tilt adjustment available (Sportline and Topline) for optimum distribution of pressure on backside and thighs
  - Available in Trendline, Sportline and Topline
  - Lumbar support



**RECARO Style Sportline & Topline**  
Certified and recommended by Association Forum Healthy Back – Better Living and Federal Association of German Back Schools.



# RECARO Orthopaed

**Highlight:**  
Flat seat cushion for high vehicles (e.g. transporters) and easy entry and exit

- Product benefits:**
- Electrically adjustable backrest side bolsters for adapting the seat to your body measurements
  - Dual-chamber lumbar support allows the seat ergonomics to be smoothly adjusted without pressure points
  - Extendable seat cushion for optimum support of the thighs
  - RECARO climate package: seat ventilation and heating create the ideal seat temperature



# RECARO Expert and Specialist

**Highlight:**  
Modular seat concept ensures an almost unlimited number of applications

- Product benefits:**
- Two backrests and three seat cushions (S,M,L) for a customized seat
  - Available with electric backrest adjustment

**RECARO Expert backrest**  
Pronounced lateral support with individually adjustable backrest side bolsters

**RECARO Specialist backrest**  
Good lateral support due to pre-formed side bolsters

**Design S**  
Short seat cushion particularly suitable for small to medium-sized people

**Design M (Easy Access)**  
Long and very flat seat cushion; suitable for medium-sized to large people, for drivers who have to get in and out of the vehicle often and for vehicles with a high entry and exit point; extendable seat cushion

**Design L**  
Long seat cushion with high side bolsters; ideal for medium-sized to large people who value good, sporty side support when driving; extendable seat cushion



Design S



Design M



Design L



RECARO Expert S



RECARO Specialist M

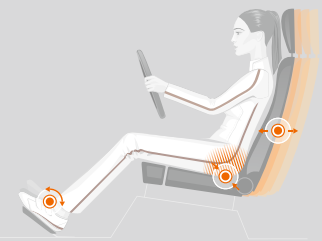




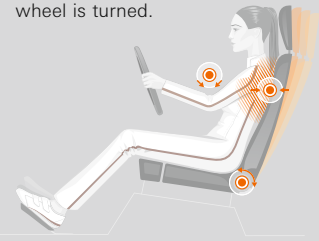


## EIGHT POINTS FOR CORRECT SEATING

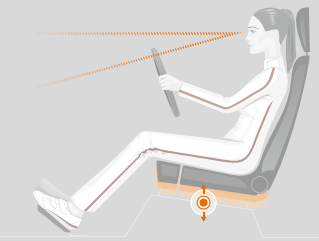
**1.** Push your bottom as near as possible to the backrest. The distance from the seat to the pedals is adjusted so that your knee is slightly bent when the pedals are fully depressed.



**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.



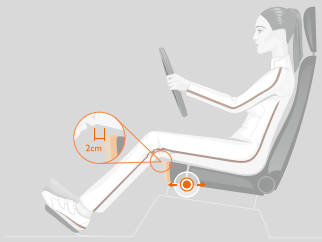
**3.** Set the seat height as high as possible. This ensures an unobstructed view to all sides and all displays on the instrument panel.



**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.



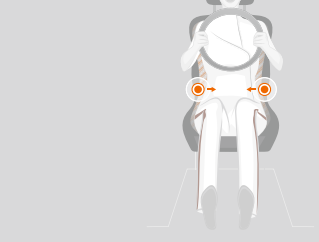
**5.** Adjust the extendable seat cushion so that the thighs rest on it to just above the knee. Rule of thumb: two to three fingers space between the edge of the seat and the hollow of the knee.



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

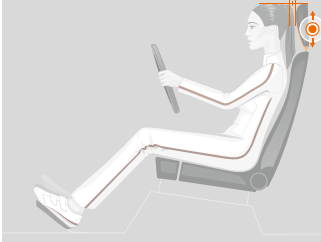


**7.** The seat's side bolsters should fit so snugly to the body that the upper body is supported comfortably at the sides without being restricted.



**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.



## SUBSIDIES AND ALLOWANCES FOR DRIVER WORKSTATIONS BY INSURERS OF THE STATUTORY PENSION SYSTEM

Retrofittable driver workstations fulfill the highest ergonomic requirements and therefore significantly contribute to maintaining the ability to work. The Ergonomics Seal of Approval (AGR) can help you identify products that are specially designed to help you maintain a healthy back. The legal basis for the granting of motor vehicle aids and peripheral equipment for people with disabilities, such as an orthopedic car seat, can be found in the German Ordinance on Motor Vehicle Aids of the German Social Code.

**The following insurers assume the costs or pay allowances for orthopedic vehicle seats:** Deutsche Rentenversicherung Bund (German Statutory Pension Insurance Agency), Bundesagentur für Arbeit (German Federal Employment Agency), welfare authorities, professional associations, Deutsche Rentenversicherung Knappschaft-Bahn-See (German Pension Fund Knappschaft-Bahn-See).

For more information on allowance options, contact your insurer's information center or the technical advisory service of your regional employment office. **Health insurance agencies will not assume any costs!**

**Generally speaking, you should wait until you receive confirmation from your insurer. Payment in advance is not recommended.**

**The following conditions must be met in order to submit a request:**

- You must require the vehicle in order to exercise your profession or reach your workplace (e.g., field service).
- The vehicle must contribute to occupational rehabilitation and maintaining your ability to work.
- You must be able to medically justify the need for an orthopedic device (car seat).

**Once you have clarified these points with your insurer, you must provide them with the following documents:**

- Request for rehabilitation benefits
- Motor vehicle supplementary questionnaire for requesting the granting of a motor vehicle aid. These forms can be obtained from your insurer.
- A medical certificate from a specialist (orthopedic) physician or a rehabilitation clinic stating that an orthopedically contoured car seat is necessary to maintain the ability to work.
- A cost estimate from a RECARO dealer specifying the seat type, console, module, and installation time, as well as a corresponding seat report explaining the reasons for selecting this particular seat model.
- It is also helpful to provide a statement specifying that one of the following RECARO seat models is recommended due to the anatomical condition of the applicant: RECARO Style, RECARO Ergomed E – both with the Ergonomics Seal of Approval (AGR) – or in substantiated exceptional cases, RECARO Orthopaed or RECARO Ergomed ES (also bearing the Ergonomics Seal of Approval (AGR)).

**Exceptional cases could be:**

People, who due to their body size (weight/height), are not suited for RECARO Style. People, who require additional support due to a change in the cervical spine. Please note that special features (leather or material/leather seat covers, RECARO climate package and arm rests), which do not serve the purpose of occupational rehabilitation or basic orthopedic care, are not always covered by insurers and out-of-pocket payment may be required by the insured.

