

Ohio Public Safety

Resource Sheet



Steering

Imagine the steering wheel as a clock face. For many years, ten o'clock and two o'clock or nine o'clock and three o'clock were recommended as the preferred hand positions. Today, these recommendations are replaced by more flexible hand positions based on driver height, arm length, seat height, steering wheel position and air bag technology.

For most properly seated drivers, an eight o'clock and four o'clock hand position is restful and allows a smooth, controlled rotation of nearly 160 degrees in either direction.

The "push/pull/feed" method of steering is now the preferred method of steering through a turn. It replaces the "hand-over-hand" method.

When employing the push/pull/feed method, one hand pushes the steering wheel up in the direction of the turn while the other slides down to make further adjustments as needed.

The turn is completed by reversing the process.

This push/pull/feed method has five major advantages over hand-over-hand steering:

1. The position is more restful and provides a more normal seating position.
2. It enhances the probability that both hands will be on the wheel.
3. Using the fingers, wrists and elbows, arms stay closer to the body and the driver maintains a more stable position. Hand-over-hand steering uses the shoulders and forces the driver out of position.
4. By eliminating the crossing of the arms, the rapid loads transfer associated with hand-over-hand steering is reduced.
5. Keeping arms and hands to the sides of the steering wheel clears the way for efficient air bag deployment.



(Source: AAA *Managing Visibility, Time & Space*)