

## MARSH INSIGHTS: PROPERLY ADJUSTED HEADRESTS — REST UP, SAVE YOUR NECK

### DID YOU KNOW?

- A properly adjusted headrest can help reduce soft tissue and whiplash-related injuries by as much as 40%.
- 86% of Canadians have their cars' headrests in the wrong position.\*
- About 80% of insurance claims following vehicle collisions result from soft-tissue injuries (those that do not involve bones or organs). Insurance companies spend about \$4 billion each year to help people recover from these types of injuries.

### HOW CAN I PROPERLY ADJUST MY HEADREST? IT'S AS EASY AS 1, 2, 3.

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. Ideally, the distance between the headrest and the back of the head should be between five and ten centimeters (two to four inches).

**For more information on the Ontario General Contractors Association (OGCA) Group Automobile and Residential Insurance Program or to obtain a no-obligation quote, please contact your licensed insurance broker:**

**Marsh's Private Client Services: 1 877 476 6727**

Policy not renewing at this time? Let us call you. Submit your expiry dates at:  
[www.marsh.ca/quote](http://www.marsh.ca/quote)

\*Based on a 2002 study commissioned by the Insurance Bureau of Canada, involving more than 8,500 Canadian motorists.  
Source: Insurance Bureau of Canada, [www.ibc.ca](http://www.ibc.ca)

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