CLAIMS

1. A damping member (1) which has at least two engagement points (2),
   characterized
   in that the damping member (1) comprises at least one spring element (3),
   in that the spring elements (3) have an absorption means,
   in that the spring elements (3) have a curved shape (4),
   and in that the curved shape (4) of the spring elements (3) has a recess (4) which renders possible deformation of the spring elements (3) and
   characterized in that a plurality of spring elements (3) are arranged next to one another.

2. The damping member (1) as claimed in claim 1, **characterized** in that the absorption means is arranged within the spring elements (3).

3. The damping member (1) as claimed in claim 1, **characterized** in that the absorption means is embodied as material of the spring elements (3).

4. The damping member (1) as claimed in one of claims 1 to 3, **characterized** in that at least one spring element (3) is of C-shaped configuration.

5. The damping member (1) as claimed in one of claims 1 to 4, **characterized** in that fastening elements are arranged at the engagement points (2).

6. The damping member (1) as claimed in one of claims 1 to 5, **characterized** in that fastening elements are arranged on each spring element (3).

7. The damping member (1) as claimed in one of claims 1 to 6, **characterized** in that the absorption means consists of an elastically deformable material.

8. The damping member (1) as claimed in one of claims 1 to 7, **characterized** in that a plurality of spring elements (3) are arranged parallel in relation to one another.

9. The damping member (1) as claimed in one of claims 1 to 8, **characterized** in that a plurality of spring elements (3) are arranged one above the other.

10. A seat (10) for a land vehicle, **characterized** in that the seat (10) comprises at least one damping member (1) as claimed in one of claims 1 to 9.

11. The seat (10) as claimed in claim 10, **characterized** in that the damping member (1) is arranged between the seat (10) and a chassis (11) of the land vehicle.

12. The seat (10) as claimed in claim 11, **characterized** in that the damping member (1) is arranged between the seat (10) and the ceiling of the land vehicle.

13. The seat (10) as claimed in one of claims 11 to 13, **characterized** in that the seat (10) comprises a pillar (12) by means of which the seat (10) can be vertically adjusted.