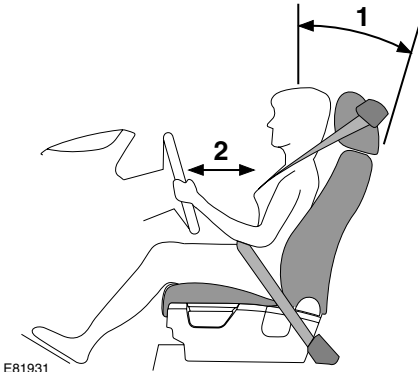


Seats

SITTING IN THE CORRECT POSITION



- Position the seatbelt so that it is mid-way between your neck and your shoulder. Fit the strap tightly across your hips, not across your stomach.
- Ensure that your driving position is comfortable, and enables you to maintain full control of the vehicle.

WARNING



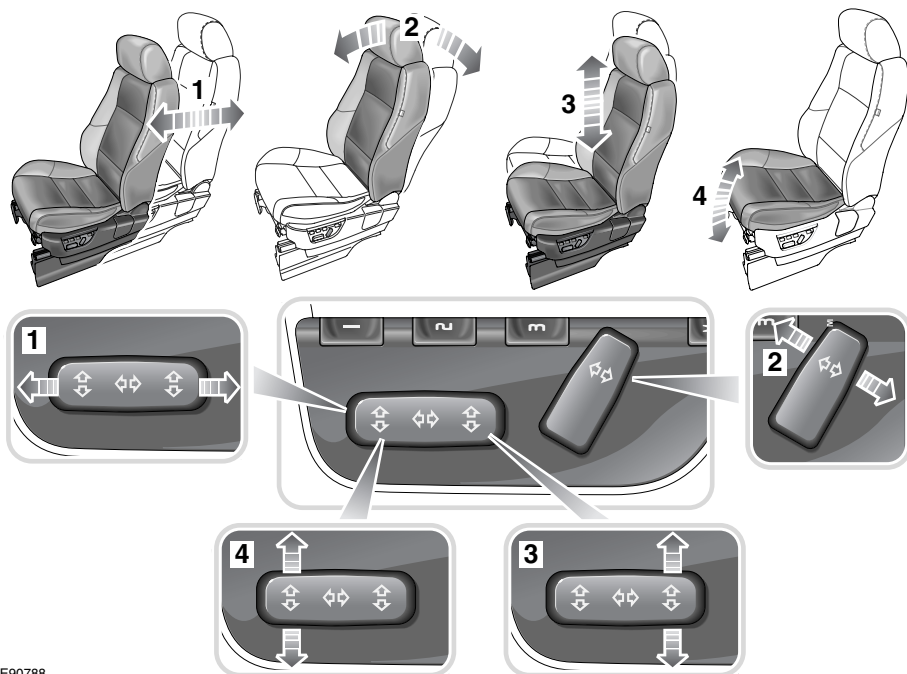
Do not adjust the seat while the vehicle is moving. Doing so could cause loss of vehicle control and personal injury.

The seat, head restraint, seat belt and airbags, all contribute to the protection of the user. Correct use of these components will give you greater protection, therefore you should observe the following points:

1. Sit in an upright position with the base of your spine as far back as possible and the seatback reclined no more than 30 degrees.
 2. Do not move the driver's seat too close to the steering wheel. Ideally, a minimum distance of 254 mm (10 inches) is recommended between the breastbone and the steering wheel airbag cover. Hold the steering wheel in the correct position with your arms slightly bent. Bend your legs slightly so that the pedals can be pressed fully to the floor.
- Adjust the head restraint so that its highest point is level with the top of your head.

Seats

ELECTRIC SEATS



E90788

1. Forward/backward adjustment
2. Backrest adjustment
3. Seat cushion height adjustment
4. Seat cushion edge adjustment

WARNING



Do not adjust any part of a seat while the vehicle is in motion. Vehicle movement may cause the seat to suddenly shift, potentially causing injury or loss of control.

The seat adjustment controls are situated on the outer side of the seat cushion and you can adjust the position of the seat when the starter key is in position **I** or **II**.

In addition, the seats have a 15 minute (10 minutes for a driver's seat with seat memory) active period initiated when the vehicle is unlocked, or the starter key is turned to position **0**.

Seats

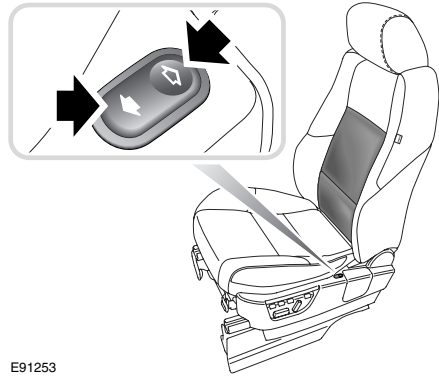
Folding armrest



E91267

Some vehicles are fitted with adjustable front seat armrests. These are used in the horizontal position or can be stowed vertically alongside the seat backrest.

Lumbar support adjustment




E91253


A separate switch located in the side of the seat provides for adjustment of lumbar support. Press the front end of the switch to stiffen the support or the rear end of the switch to relax the support. Release the switch to stop adjustment.


Seats


HEAD RESTRAINTS

WARNINGS

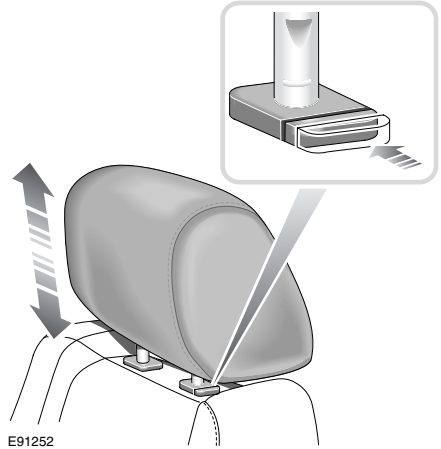
 Head restraints are designed to support the head (not the back of the neck). The restraint must be positioned correctly to restrain rearward movement of the head in a collision. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.

 Adjust the head restraint so that the top of the head restraint is above the centre line of the head. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision. See **SITTING IN THE CORRECT POSITION** (page 48).

 Do not drive, or carry passengers with the head restraints removed from occupied seats. The absence of a correctly adjusted head restraint increases the risk of death or serious injury in the event of a collision.

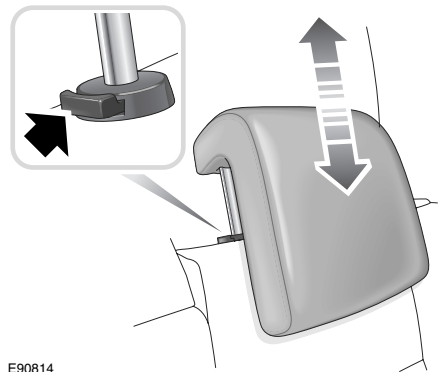
 Never adjust the head restraint while the vehicle is in motion. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.

Front head restraints



Adjust the head restraint correctly, up or down by pressing the collar button as indicated. The top of the head restraint should be level with the top of the head.

Rear head restraints Adjustment



1. Press the collar button.
2. Raise or lower the head restraint until the top of the head restraint is level with the top of the passenger's head.

Seats

Removal

If removal is essential, press the collar button whilst lifting the restraint clear of the seat.

To replace the head restraint, engage the guide posts into the collars and press the restraint downwards until a click is heard.

REAR SEATS

WARNING



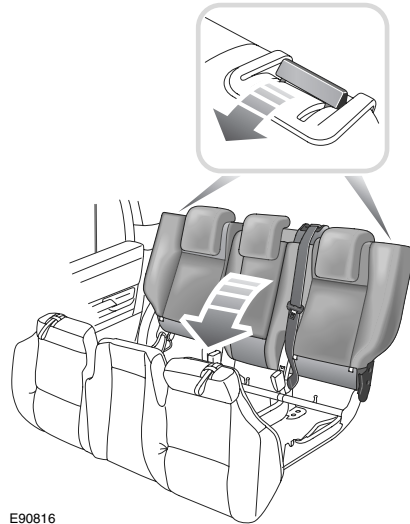
Always ensure that objects carried within the vehicle are secured properly. Unsecured items can cause death or serious injury in the event of an impact or sudden manoeuvre.



Never allow passengers to travel in the load space under any circumstances. All vehicle occupants should be seated correctly, and wear a seat belt at all times when the vehicle is in motion. Failure to do so will greatly increase the risk of death and serious injury in the event of an accident or heavy braking.

Folding the seats

One or both parts of the seat can be folded. Move the front seats forward and remove any items from the seats and the rear footwell.



E90816

1. Fully lower the head restraints.
2. Pull the strap on the required cushion(s), to raise the cushion to the vertical position.
3. Pull the seat backrest release lever(s) forward.
4. Lower the backrest until it locks into place.

Note: Only Land Rover-approved seat covers and accessories should be used on these seats.

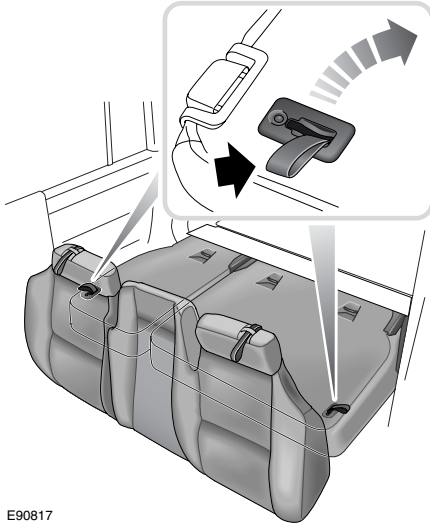
Seats

Raising the seats

WARNING



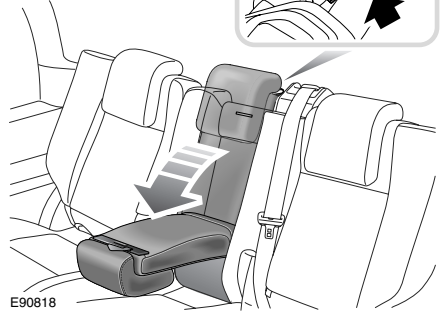
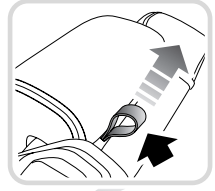
Ensure that when the seat back is raised the locking mechanism is fully engaged. Failure to do so will greatly increase the risk of death and serious injury in the event of an accident or heavy braking.



E90817

1. Pull the strap vertically on the back of the seat to unlock the seat. Continue to pull to raise the backrest(s) until they click into position.
2. Push the seat cushion(s) firmly back into position.
3. If the lever has not returned to its locked position, red flags will be visible around the lever.
4. Pull the headrest up into the correct position.

Rear seat armrests



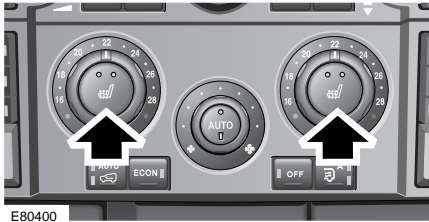
E90818

To release the armrest, first pull the loop at the top of the centre seat/armrest (see inset.), then push the armrest downwards to the required position. To replace, raise the armrest and push until a click is heard when latched.

Seats

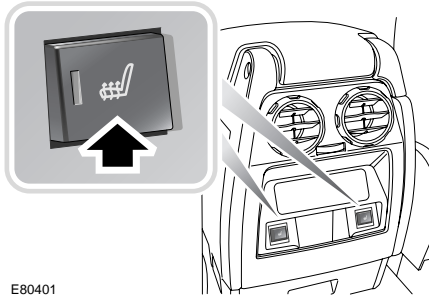
HEATED SEATS

Front seat heaters



E80400

Rear seat heaters



E80401

With the starter switch turned on, the seats can be heated at two different settings.

- Press once to operate at the high setting. As cabin temperature rises, the seat heaters switch to the low setting automatically.
- Press twice to operate at the low setting.
- Press a third time to turn off the heaters.

The seat heaters will maintain a pre-determined temperature.

Note: *The seat heaters consume considerable power from the battery, we recommend they are only operated while the engine is running.*