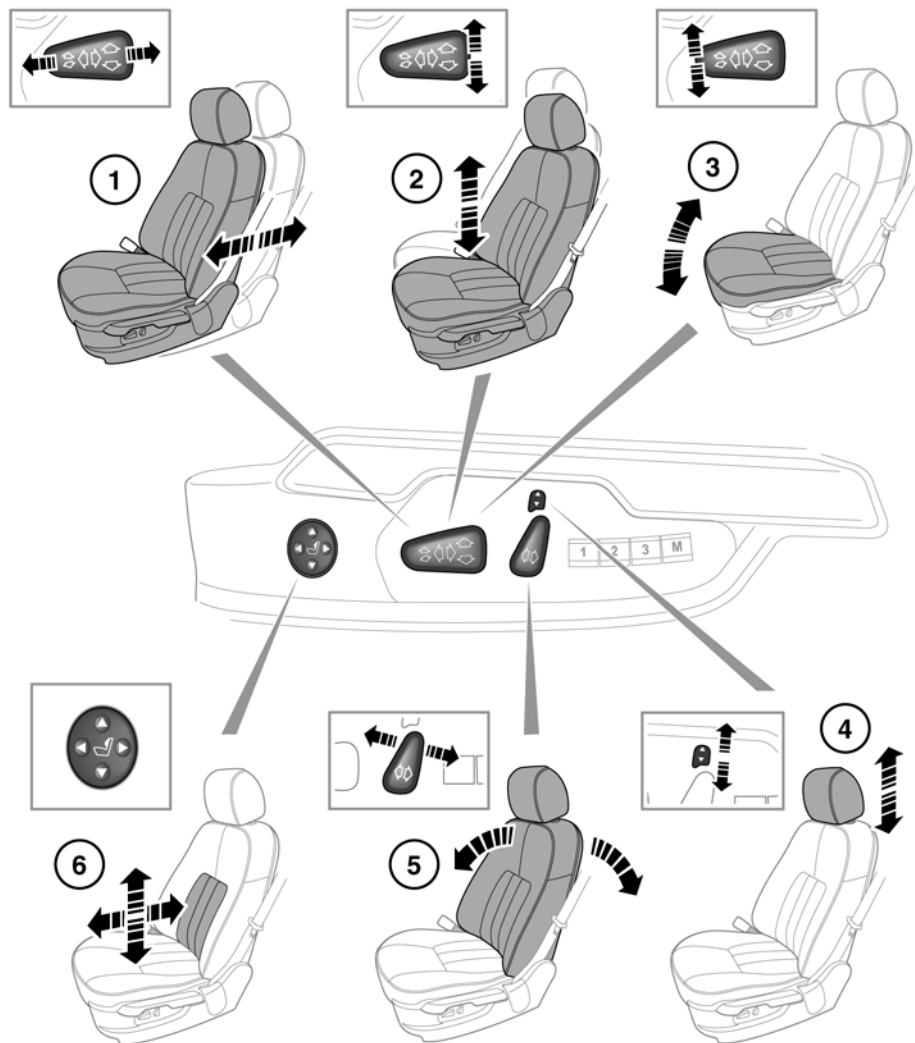


ELECTRIC SEATS



SL1004



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

1. Forward and back adjustment.
2. Height adjustment.
3. Cushion angle adjustment.

4. Head restraint adjustment.
5. Backrest adjustment.
6. Lumbar support adjustment.

To adjust the seats, the Smart Key must be in the vehicle and the ignition switched on.

STALLED ADJUSTMENT

CAUTION: If seat movement stops unexpectedly during adjustment, check for and remove any obstructions.

Once any obstructions have been removed, the seat adjustment mechanism can be reset as follows:

Operate the button again, to continue the stalled adjustment and hold in that position for 2 seconds. When seat movement resumes, hold the button until the end of travel in that direction has been reached. Seat adjustment can now be carried out as normal.

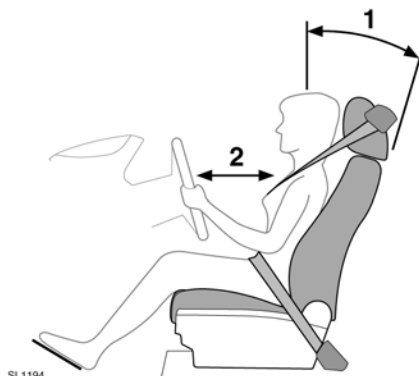
Note: If no obstructions can be seen, but normal adjustment cannot be carried out without stalling, contact your Land Rover Retailer/Approved Repairer.

SITTING IN THE CORRECT POSITION

WARNING: The driver and front seat passenger must not ride with the seat fully reclined.

WARNING: Do not adjust the seat while the vehicle is moving.

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

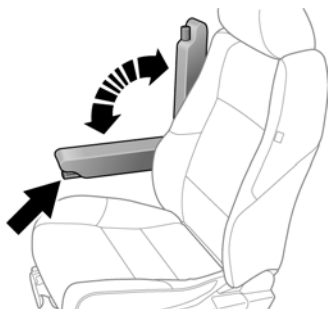


1. Sit in an upright position with the base of your spine as far back as possible and the seatback reclined no more than 30 degrees, to achieve optimum benefit of the seat belt in the event of an accident.
 2. Do not move the driver's seat too close to the steering wheel. Ideally, a minimum distance of 10 inches (254 mm) is recommended between the breastbone and the steering wheel air bag cover. Hold the steering wheel in the correct position, with your arms slightly bent.
- Adjust the head restraint so that the top of the head restraint is above the center line of the head.
 - Position the seat belt 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: An inflating air bag can cause injury, or even death if the seats are positioned incorrectly. Injuries caused by an air bag can be minimized by ensuring that the driver and passengers are seated correctly and are wearing seat belts correctly.

FOLDING ARMREST



SL1045

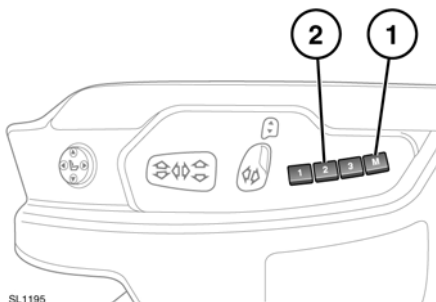
If fitted, the folding armrest may be stowed by moving to the vertical position. Use the adjuster wheel (arrowed) to set the required height.

DRIVING POSITION MEMORY



Before activating the seat memory, ensure that the area immediately surrounding the seat is clear of obstructions and that all occupants are clear of moving parts.

Once you have adjusted the power operated driver's seat, steering column and exterior mirrors for your ideal driving position, the vehicle can memorize these settings for future use. See **STEERING COLUMN, 22**. See **EXTERIOR MIRRORS, 50**.



1. Press the memory store (M) button to activate the memory function. The switch indicator will illuminate.
2. Press one of the preset buttons within 5 seconds to memorize the current settings. **MEMORY (1, 2 or 3) SETTINGS SAVED** will be displayed on the message center, accompanied by an audible chime to confirm the settings have been memorized.
3. To recall a stored position press the relevant preset button. **MEMORY (1, 2 or 3) RECALLED** will be displayed in the message center.

A seat position will only be memorized during the 5 second active period.

Any existing settings will be over-written when programming a memory position.

ENTRY AND EXIT MODE

Entry and exit mode provides automatic movement of the steering column and driver's seat making it easier to enter or exit the vehicle. When enabled, on opening the driver's door the system will raise the steering column to the highest position and lower the driver's seat to the lowest position assisting with exit from the vehicle.

When the driver's door is closed and the ignition turned on, the system will return the driver's seat and steering column to the previous position. See **STEERING COLUMN, 22**.

Note: If the driver's seat or steering column are adjusted during entry or exit operation, automatic movement will stop.

HEAD RESTRAINTS



WARNING: Head restraints are designed to support the head, not the back of the neck. The head restraint must be positioned correctly to restrain rearward movement of the head in a collision.



WARNING: Adjust the head restraint so that the top of the head restraint is above the center line of the head. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.



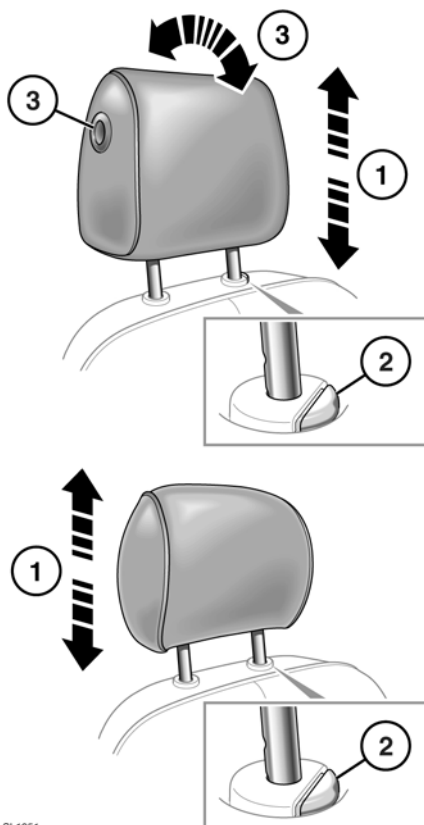
WARNING: It is possible to swivel the head restraint forwards or backwards. For greater protection in the event of a collision, the head restraint should be adjusted so that it is as close to the back of the head as is practical.



WARNING: 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 neck injury in the event of a collision.



WARNING: Never adjust the head restraints while the vehicle is in motion.



SL1351

1. To raise, pull the restraint upwards.
2. To lower, depress the locking button and push down on the restraint.
3. To adjust the angle, press the locking button and move the restraint to the desired position.

The head restraint should be above the center line of the head, as previously shown. See **SITTING IN THE CORRECT POSITION, 15**.

Manual head restraints may be removed, if required (e.g. to fit larger child seats). Raise the head restraint to its uppermost position and press the locking collar. Lift the restraint out of the seatback.



WARNING: Always store a removed head restraint securely.

Ensure the head restraint is refitted before the seat is used by a passenger.

To refit the head restraint, ensure it is facing the correct direction, insert the stems of the head restraint into the sockets and push it downwards until at least the first click.