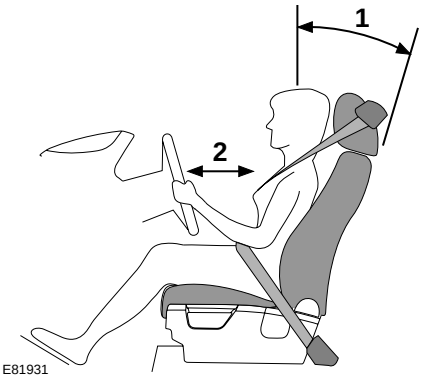
SITTING IN THE CORRECT POSITION



WARNING

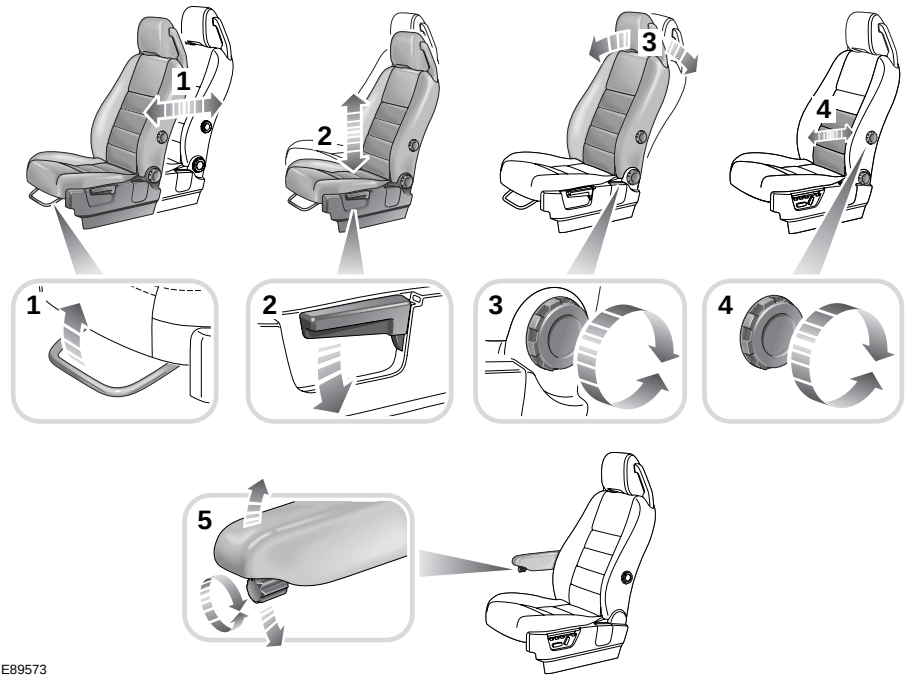
Do not adjust the seat while the vehicle is moving. Doing so could cause loss of vehicle control and personal injury.

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 seat back 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 it's highest point is level with the top of your 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.

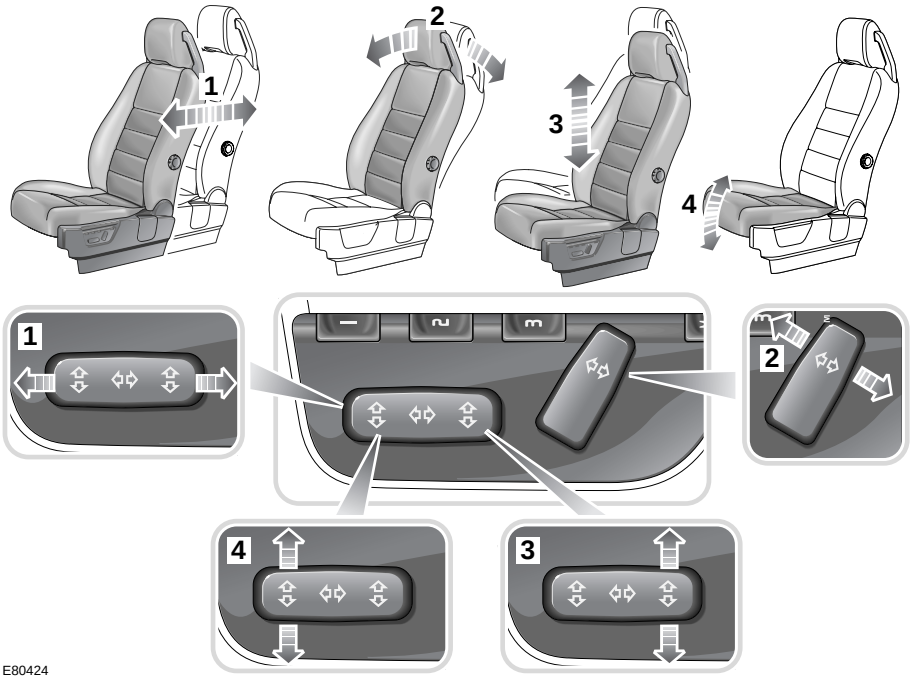
MANUAL SEATS



E89573

1. Forward/backward adjustment.
2. Height adjustment.
3. Seat back angle adjustment.
4. Lumbar support adjustment.
5. Folding armrest adjustment.

ELECTRIC SEATS



E80424

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**.

The seats have a 15 minute (10 minutes for a driver's seat with seat memory) active period started when:

- the vehicle is unlocked, or;
- the starter key is turned to position **0**.

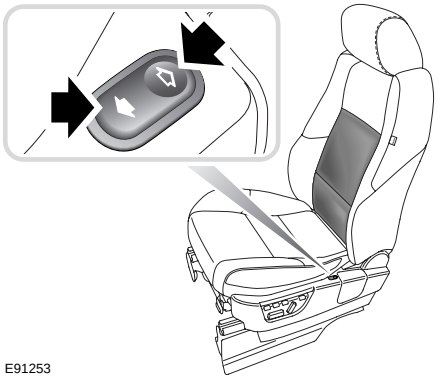
Folding armrest



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.

HEAD RESTRAINTS

WARNINGS

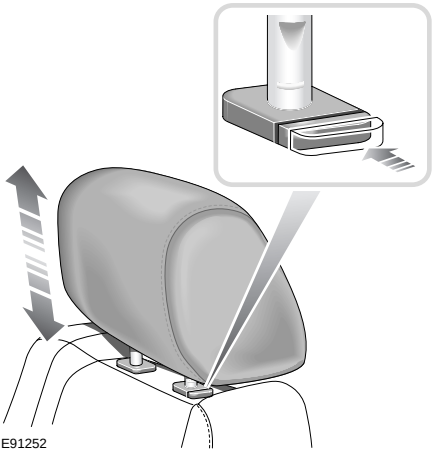
Head restraints are designed to support the head not the back of the neck). The restraint must be positioned correctly to restrain rearward movement of the head in a collision. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.

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 52).

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.

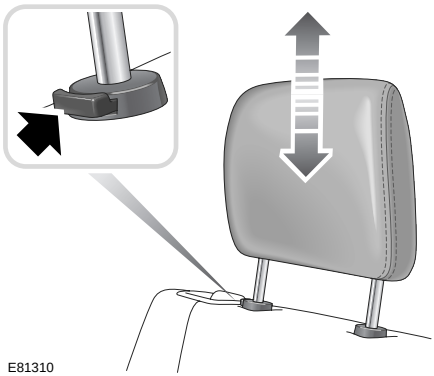
Front head restraints



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.

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 securedproperly. Unsecured items can cause death or serious injury in the event of an impact or sudden manoeuvre.

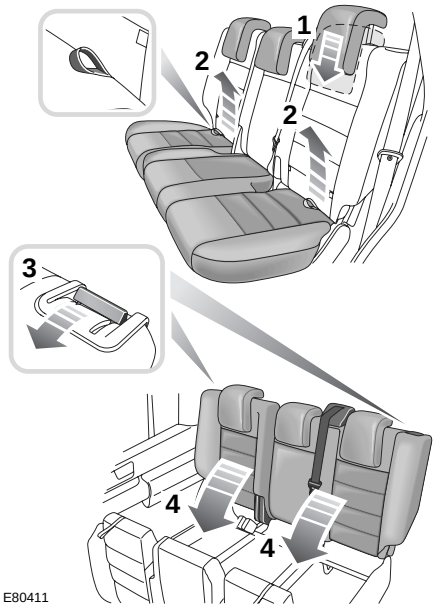
Never allow passengers to travel in the load space under any circumstances. All vehicle occupants should be seated correctly, and wear a seat belt at all times when the vehicle is in motion. Failure to do so will greatly increase the risk of death and serious injury in the event of an accident or heavy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

Second-row seats - 5-seat vehicle

Note: *Some 5-seat models are fitted with the same type of seat as the 7-seat model.*

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.



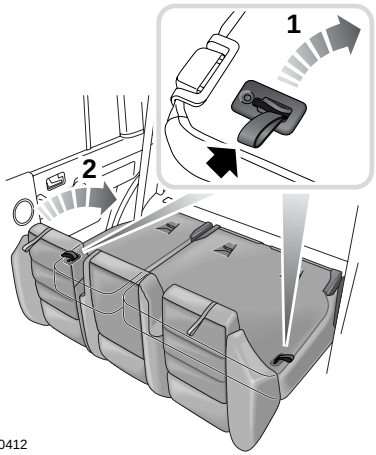
1. Fully lower the head restraints.
2. Pull the strap on the required cushion(s), to raise the cushion to the vertical position.
3. Pull the seat backrest release lever(s) forward.
4. Lower the backrest until it locks into place.

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

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.



E80412

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.

Second row seats - 7-seat vehicle

The seats can be used in a variety of configurations:

- As a standard row of three seats.
- A backrest can be folded forwards to form a table.
- One or all seats can be folded flat.
- An outer seat can be folded forwards for access to the third row of seats.

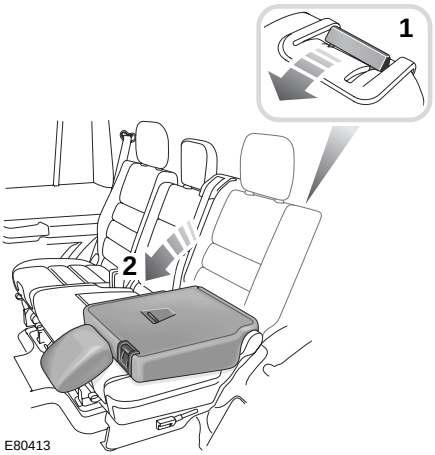
If the front seats are in their rearmost position, move them forward prior to folding down the seats.

Table fold position

WARNING

The latching mechanism should be checked and physically tested to ensure that both the cushion and backrest are secure before driving.

Remove any items from the seats and rear footwell. Fully lower the head restraint on the seat(s) to be folded.



E80413

1. Pull the backrest release lever forwards.
2. Lower the backrest forwards into the table-fold position.

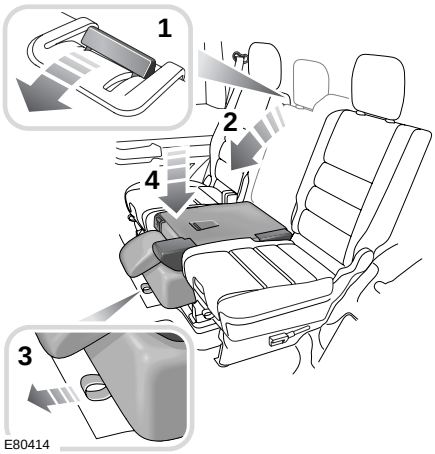
Note: *Only Land Rover-approved seat covers and accessories should be used on these seats.*

To return the seat-back to its upright position, push the release lever forwards and pull the backrest up until it clicks into place.

If it has not returned to its locked position, red flags will be visible around the lever.

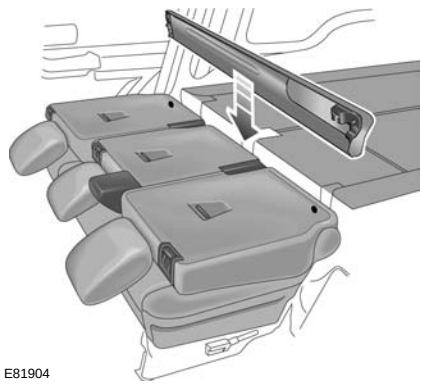
Pull the head restraint up to its correct position.

Extending the loadspace



1. Pull the backrest release lever forwards.
2. Lower the backrest forwards into the table-fold position.
3. Pull the strap at the front of the seat.
4. Press down on the seat.

Note: *The centre seat must always be folded first.*

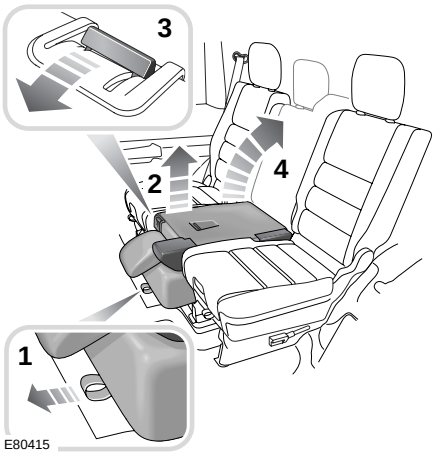


Remove the luggage cover and stow it between the folded seat rows.

Raising the seat

CAUTION

Do not attempt to raise the seats from the loadspace position while the loadspace cover unit is stowed behind it, as damage will result.



1. To raise the seat, pull the strap at the front of the cushion.
2. Grasp the top and bottom of the backrest, lift the seat and return it to the table-fold position.
3. Push the release lever forward.
4. Pull the backrest up and push until the latching mechanism clicks into place. If the lever has not returned to its locked position, red flags will be visible around the lever.

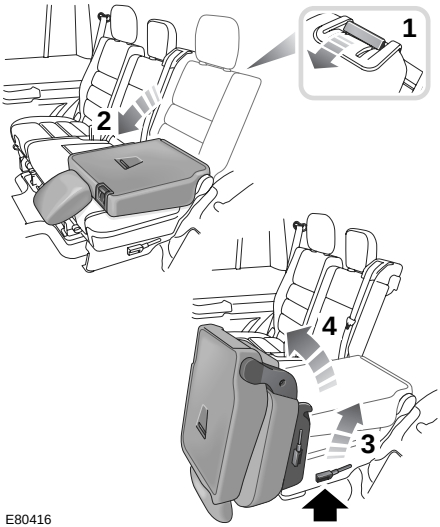
Note: *If a combination of backrests, including the centre backrest, is to be erected, the centre backrest should be erected last.*

Access position

WARNING

The outer seat(s) must not be left in the access position while the vehicle is being driven. Motion of the vehicle could cause the seat to drop back into its table-fold position.

To enter the third-row seats, first ensure that the head restraint on the second-row seat is fully lowered.



E80416

1. Pull the backrest release lever forwards.
2. Lower the backrest forwards into the table-fold position.
3. Pull the access lever on the side of the seat.
4. Tilt the seat forwards.

When you have gained access to the third-row seat, return the second-row seat to its fully upright position.

Note: *A second-row seat cannot be moved from the loadspace position, to the access position. Return the seat to the table-fold position before attempting to move it to the access position.*

Raising the seat

WARNINGS

When lowering the seats from the access position, ensure that nothing is trapped by the returning seat.

The latching mechanism should be checked and physically tested to ensure that the cushion and backrest are secure before driving.

Pull the seat down into the table-fold position and the access lever will click into place.

Check around the lever, a red flag will be visible behind the lever if the backrest is not correctly located.

Third-row seats

WARNINGS

Ensure that nothing has been left under the seat or in the footwell when folding down the seat as this could cause damage.

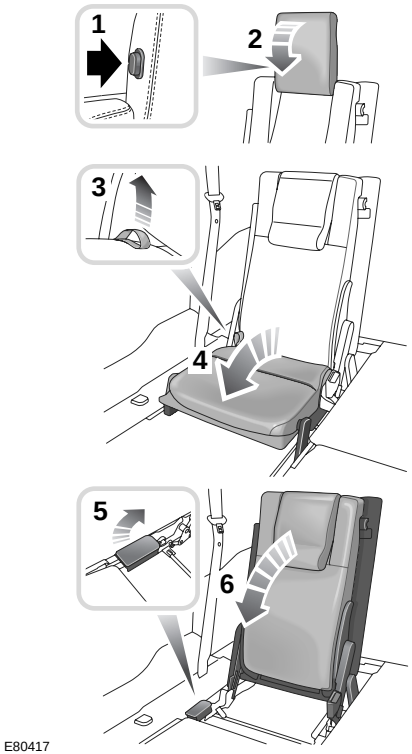
Beware of trapping your fingers when operating the seats.

CAUTION

Do not attempt to raise the seats from the loadspace position while the loadspace cover is in its floor level stowage position as this may damage either the cover or the seats.

Third row seats can be folded flat.

Folding the seat



E80417

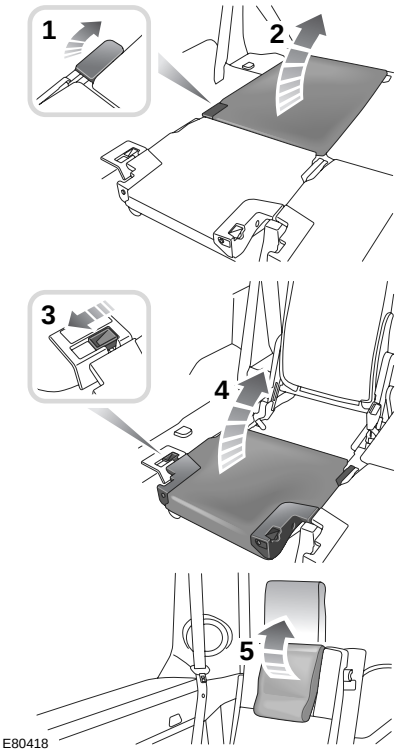
1. Press the head restraint release button.
2. Fold the head restraint fully downwards.
3. Pull up the release strap at the rear corner of the cushion; this lifts under spring pressure.
4. Fold the cushion fully forwards until it latches into position.
5. Pull up the backrest release lever.
6. Fold the backrest fully forwards until it latches into position in the loadspace floor.

Raising the seat

WARNINGS

The head restraint must always be raised when using the third-row seat.

Do not use the seat until it is fully raised.



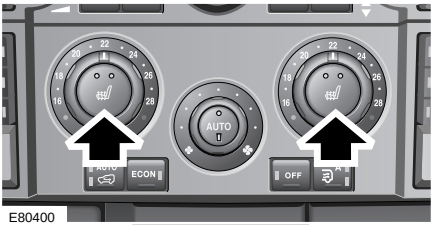
E80418

1. Pull lever to release backrest.
2. Raise the backrest into its upright position, ensuring that it is fully latched into place.
3. Release catch and raise cushion.
4. Push the cushion into place, ensuring that the cushion is latched to the backrest.
5. Raise the head restraint until it latches into position.

Note: *When not in use, fold the head restraints to improve rear vision.*

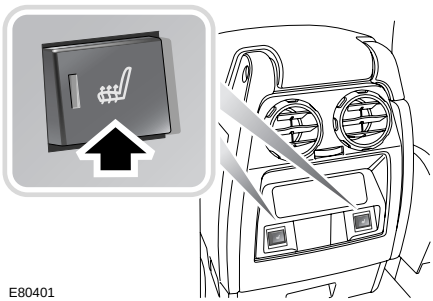
HEATED SEATS

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.*