FRONT HEAD RESTRAINTS

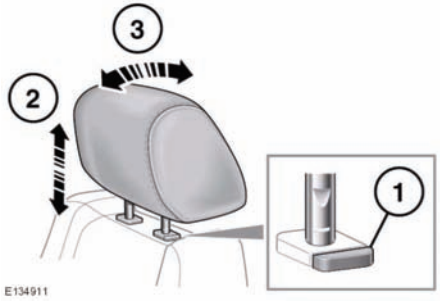
⚠ **Adjust the head restraint so that the top of the head restraint is above the centre line of the head. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.**

⚠ **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.**

⚠ **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.**

⚠ **Never adjust the head restraints while the vehicle is in motion.**

⚠ **Always store a removed head restraint securely.**



1. Press the locking collar to release the head restraint.
2. Whilst pressing the locking collar, move the head restraint up or down to the required position.
3. Manually tilt the head restraint so that it is as close to the back of the head as is practical.

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.

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.

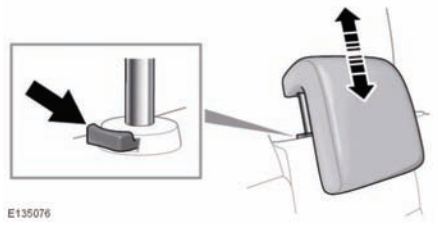
Note: *Refer to* ***27, CHILD SEATS****, for details on correct child restraint fitment.*

REAR HEAD RESTRAINTS

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.

Do not drive or carry passengers with the head restraint removed from an occupied seat.

Always store a removed restraint securely.



To adjust:

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

To remove:

1. Press the locking button on the collar.
2. Lift the head restraint out of the seat.

To refit:

1. Ensure the head restraint is facing the correct direction.
2. Insert the stems of the restraint into the sockets on the seatback.
3. Push the restraint downwards until at least the first click.