

Seats

FRONT SEATS

WARNING

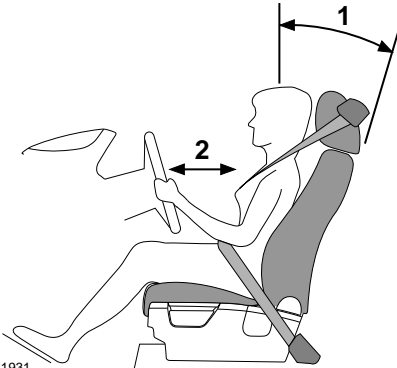


Do not adjust the seat while the vehicle is moving. Doing so could cause loss of vehicle control and personal injury.



An inflating airbag can cause facial abrasions and other injuries. Injuries caused by airbag inflation can be minimised by ensuring that the driver and front passenger are seated correctly (seat back upright, seat positioned as far back as practical, and seat belt worn correctly).

Sitting in the correct position



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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 observe the following points:

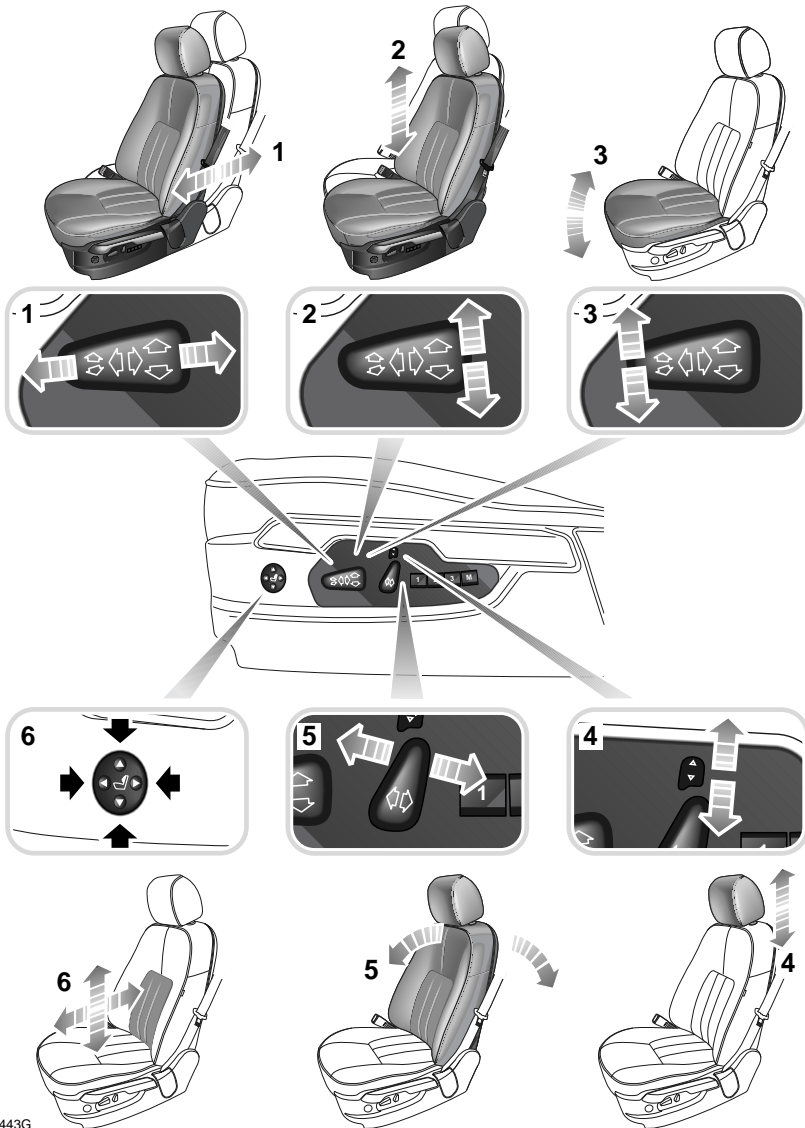
1. Sit in an upright position with the base of your spine as far back as possible and the seatback reclined no more than 30 degrees.

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.
 - 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.

Note: For information on adjusting the steering column, see **STEERING WHEEL ADJUSTMENT, 58**.

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FRONT SEAT ADJUSTMENT



The seat adjustment controls are situated on the outboard side of the seat base

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Note: The power operated seats have a 10 minute operation period after the driver's door has been opened/closed, or the starter switch is turned off.

After this period, the starter switch will need to be turned on to enable the seat movement.

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.

1. Forward/backward adjustment

Push and hold the switch forwards or backwards to move the seat to the desired position.

2. Seat cushion height adjustment (Driver's seat only)

Push the rear of the switch up or down to raise or lower the cushion.

3. Seat cushion angle adjustment

Push the front of the switch up or down to tilt the seat cushion to the desired position.

Note: The front and rear of the switch work independently - the front tilting the front of the cushion, the rear of the switch adjusts the height of the seat cushion.

4. Head restraint adjustment

Push the switch up or down to adjust the head restraint. The top of the head restraint should be level with the top of the head.

Note: The powered front head restraints are not designed to be removed.

WARNING



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, 25.



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 restraints 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.

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5. Seat back adjustment

Twist the switch forward or backward until the desired seat back angle is achieved.

WARNING



Do not travel with the seat backs reclined steeply rearwards. Optimum benefit is obtained from the seat belt with the seat back angle set to no more than 30 degrees from the upright (vertical).



Failure to maintain the correct seat back angle will reduce the effectiveness of the seat belts and increase the risk of serious injury or death in a crash.

6. Lumbar support adjustment

Press the right or left of the switch to increase or decrease support to the lumbar region of the back. Press the top or bottom of the switch to increase support at the top or bottom of the seat back.

MANUAL FRONT HEAD RESTRAINTS

WARNING



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 25.

WARNING

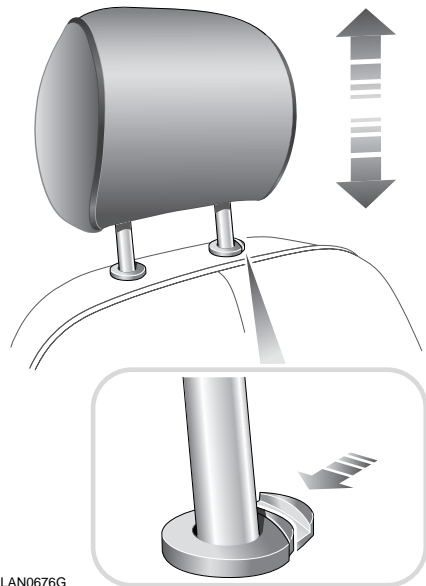


Do not drive, or carry passengers with the head restraints removed from occupied seats. The absence of a correctly adjusted head restraint increases the risk of death or serious injury in the event of a collision.



Never adjust the head restraints 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.

Head restraint adjustment - without tilt adjust



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To raise the head restraint, pull the restraint upwards.

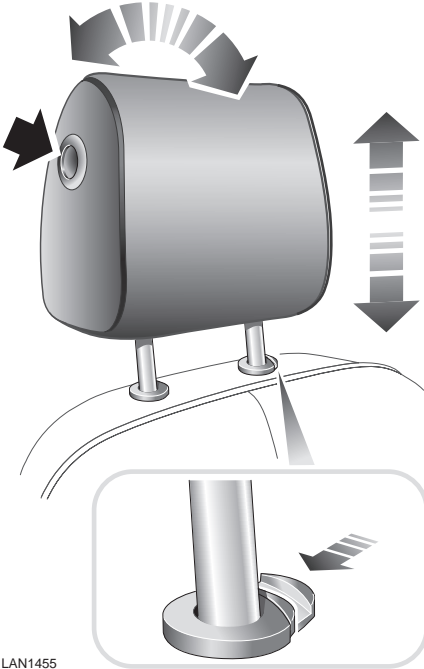
To lower the restraint, depress the locking button (see inset) and push down on the restraint.

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To remove the head restraint, depress the locking button while lifting the restraint clear of the seat.

Caution: Do not attempt to remove a front head restraint fitted with a display screen. This may damage electrical connections.

Head restraint adjustment - with tilt adjust



LAN1455

To adjust the angle of the head restraint, depress the locking button located on the side of the restraint (solid arrow in illustration) and move to the desired position. Release the button to lock in place.

The head restraint should be tilted so that it is in close proximity to the back of the head when seated in the normal driving position.

To raise the head restraint, pull the restraint upwards.

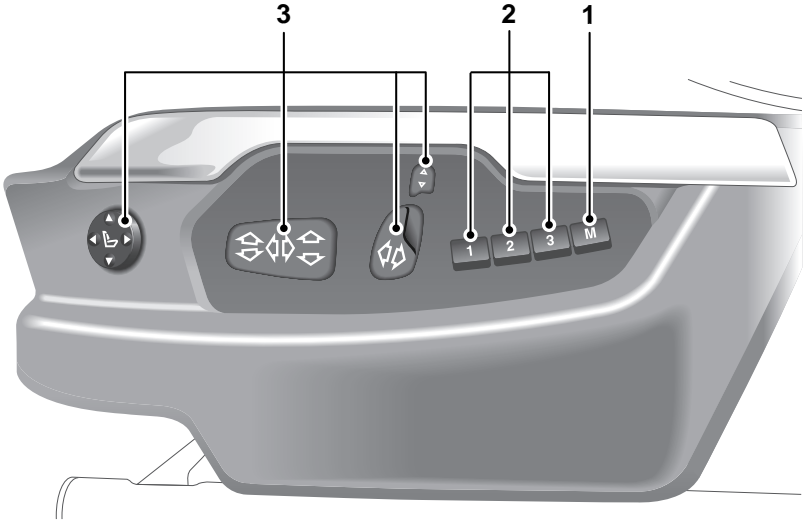
To lower the head restraint, depress the locking button (see inset) and push down on the restraint.

To remove the head restraint, depress the locking button while lifting the restraint clear of the seat.

Caution: Do not attempt to remove a front head restraint fitted with a display screen. This may damage electrical connections.

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DRIVER'S SEAT MEMORY FACILITY



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WARNING



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.

1. Memory store button
2. Memory pre-set buttons
3. Seat adjustment controls. See **FRONT SEAT ADJUSTMENT, 26**.

Note: For information on adjusting the mirrors and steering wheel, see **EXTERIOR MIRRORS, 59**, or **STEERING WHEEL ADJUSTMENT, 58**.

Your vehicle can memorise up to three different driver's seat positions and the associated mirror and steering wheel positions. This enables three different drivers to achieve optimum comfort at the touch of a button.

Setting the memory pre-sets

1. Turn the starter switch to position I or II.
2. Adjust the seat, external mirrors and steering column to the desired position.
3. Press the memory store button. The indicator will illuminate.
4. Press the desired memory pre-set button to store a setting.

If a pre-set is not pressed within seven seconds of the memory store (M) button being activated, the memory store function will cancel.

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Recalling a stored seat position

1. With the driver's door open, press the desired pre-set button. The seat, mirrors and steering column will automatically move to the position stored in that pre-set.
2. With the driver's door closed, turn the starter switch to the first position, then press and hold the desired memory pre-set button. The seat, mirrors and steering column will move to the stored position.

Note: *To stop the seat movement at any time when recalling a memory setting, press any seat adjustment control or release the preset button.*

Lazy entry

Each remote control can be used to memorise the user's preferred seating position. When the vehicle is unlocked using the remote control, the seat will automatically adjust to the position previously selected with that remote control. This feature can also be programmed to adjust the driver's seat when the driver's door is opened.



Lazy entry and associated options can be selected or deselected by a Land Rover Dealer/Authorised Repairer.

HEATED AND CLIMATIC SEATS

For information on operating the front and rear seat heaters, or the climatic seats, see **SEAT HEATERS, 114** or **CLIMATIC SEATS, 115**.

REAR SEAT ENTERTAINMENT

Caution: When rear seat passengers are entering or leaving the vehicle it is important that they do not hold the head restraint to ease entry/exit. This may damage the display screens.

The video display screens fitted to the rear of the front seat head restraints are not touch-screens. Avoid contact with the screen wherever possible.

Do not attempt to remove a front head restraint fitted with a display screen. This may damage electrical connections.

Only clean the screens using the Land Rover approved cleaning materials available from your Land Rover Dealer/Authorised Repairer.

WARNING



The display screens contain toxic substances including mercury. These substances can cause severe illness and possibly death.

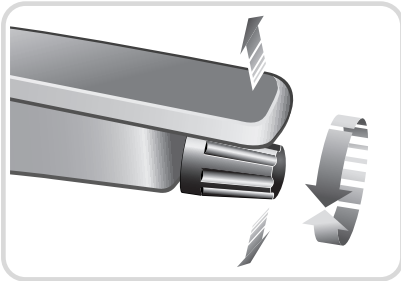
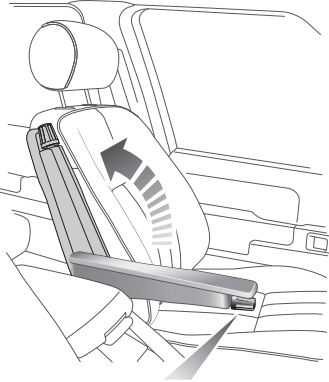


In the event that a display screen is damaged, avoid all contact with it, and contact your Dealer/Authorised Repairer as soon as possible.

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FOLDING ARMRESTS

Front

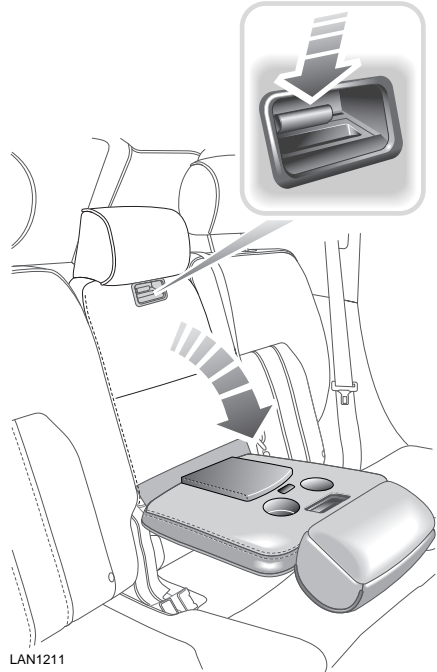


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The adjustable front seat armrests can either be stowed vertically in line with the seat backrest when not required, or folded horizontally to serve as an arm/elbow rest.

The set height/angle of each armrest can be adjusted by turning the knob set into the end of the armrest: Clockwise, to raise, and anticlockwise to lower (see inset).

Rear



LAN1211

To fold down the armrest, press the catch beneath the centre rear seat head restraint.

Note: *The rear armrest cannot be used if a passenger is seated in the centre rear seat.*

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REAR HEAD RESTRAINTS

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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.



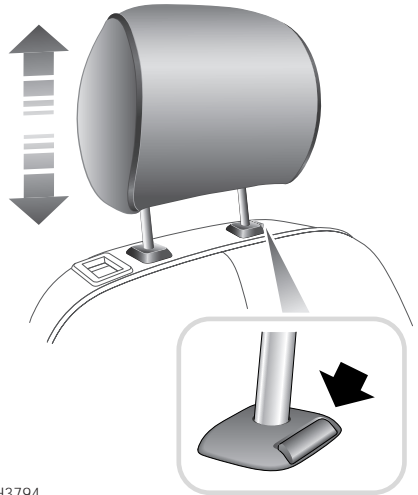
Adjust the head restraint so that the top of the head restraint is above the centre line of the head. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision. See *Sitting in the correct position*, page 25.



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 restraints 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.



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Adjustment

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.

Removal

Remove the head restraint by pressing the collar button as indicated, 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.

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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.



Do not adjust any part of a seat while the vehicle is in motion. Vehicle movement may cause the unlatched seat to suddenly shift, and may cause injuries.

Folding down the seats

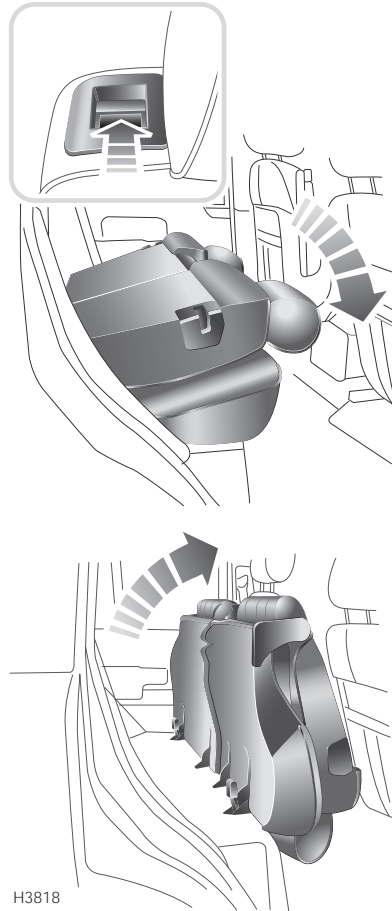
One or both parts of the split rear seat can be either partially or fully folded, to further increase the rear loadspace.

1. Ensure the head restraints are fully lowered and the armrest is stowed.
2. To release either part of the backrest, lift the lever shown in the inset and then fold the backrest onto the seat base.
3. To fold the whole assembly forward, lift the rear of the seat base upwards, the assembly can be folded forward as shown.

WARNING



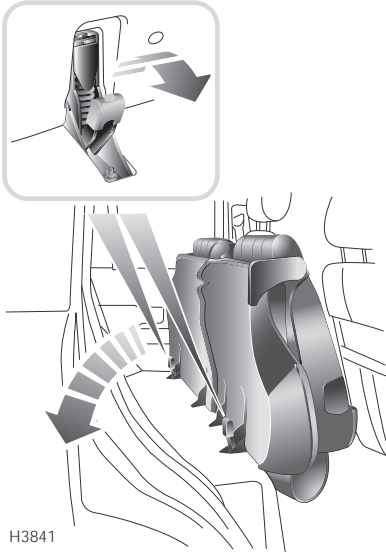
It is extremely dangerous to ride in the cargo area. In a collision, people riding in this area are more likely to be injured or killed. Do not allow people to ride in any area of your vehicle that is not equipped with seats and safety belts. Be sure that everyone in your vehicle is in a seat and using a safety belt properly.



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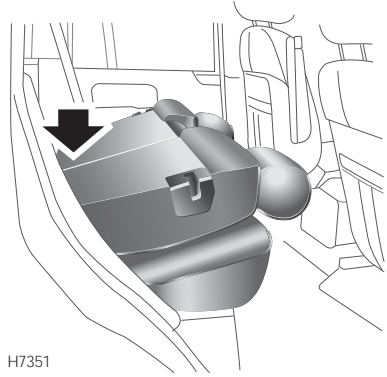
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Returning the seat to the upright position



Pull the release lever (see inset) rearwards, then push the seat assembly back onto the floor - the floor catches should latch with the base of the seat. Then raise the backrest.

If the backrest cannot be raised easily, do not force it. This indicates that the seat base has not fully engaged with the floor catches (note that the seat assembly is designed to prevent the backrest from being raised unless the seat is properly secured to the floor).



To make sure the seat base is fully engaged with the floor catches, press down on the seat where arrowed in the illustration.

With the seat base secure, the backrest can be raised and locked in position (none of the red panels on the release levers should be visible when the backrest is correctly latched).

WARNING



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



Ensure that the head restraint is adjusted correctly for each passenger (the top of the head restraint should be level with the top of the head).