


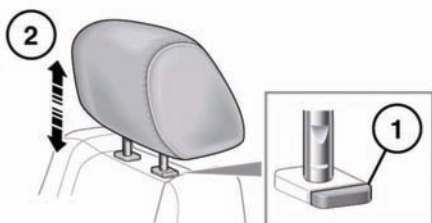


## FRONT HEAD RESTRAINTS



-  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 or sudden stop.
-  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 or sudden stop.
-  Never adjust the head restraints while the vehicle is in motion.

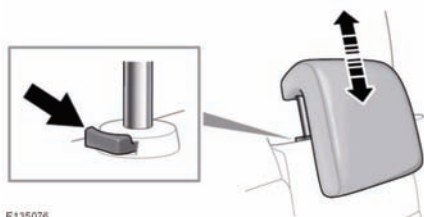


E142305

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. The head restraint should be above the centre line of the head, as shown in the diagram on page See **15**, **SITTING IN THE CORRECT POSITION**.
3. Manually tilt the head restraint so that it is as close to the back of the head as is practical.

## 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 or sudden stop.
-  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 or sudden stop.



E135076

1. Press the locking button on the collar.
2. Whilst pressing the locking collar, move the head restraint up or down to the required position. The head restraint should be above the centre line of the head, as shown in the diagram on page See **15**, **SITTING IN THE CORRECT POSITION**.

## HEAD RESTRAINT REMOVAL

-  Always store a removed head restraint securely.
-  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 or sudden stop.

## Head restraints

Manual head restraints may be removed, if required (e.g. to fit larger child seats).

1. Raise the head restraint to its uppermost position and press the locking collar.
2. Lift the restraint out of the seatback

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

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

**Note:** See **29, RECOMMENDED CHILD SEATS**, for details on correct child restraint fitment.