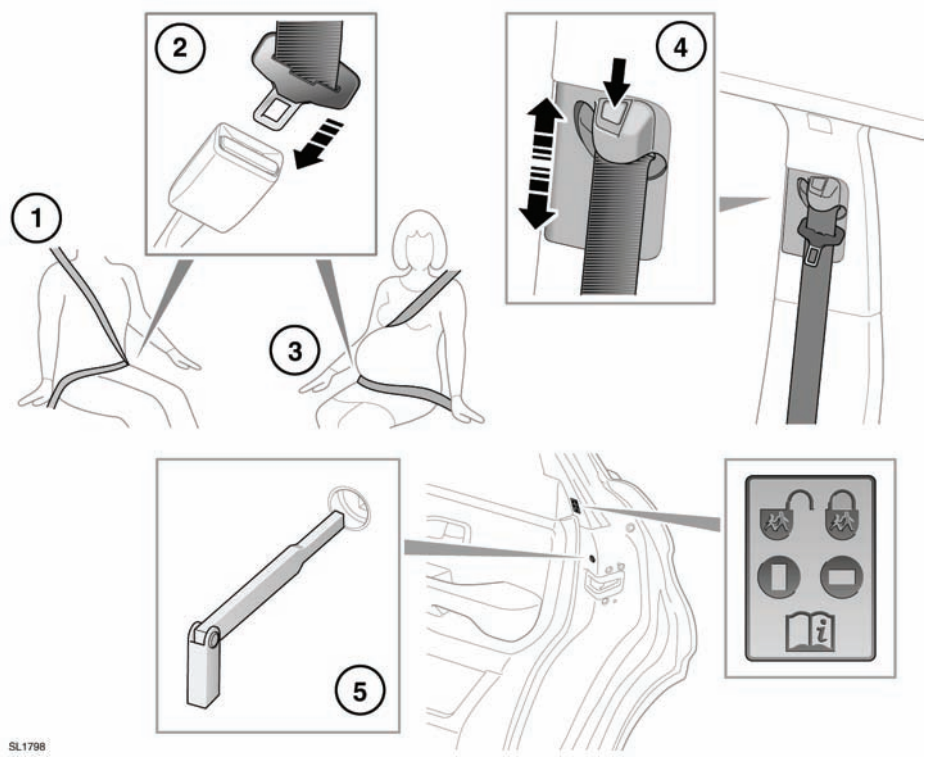
USING SEAT BELTS AND CHILD SAFETY LOCKS



1. **Putting on a seat belt:**
   Draw the belt out smoothly, ensure that the belt height, the seat and your position on the seat, are correct.

   ⚠ **WARNING: Seatbelts are designed to bear upon the bony structure of the body, and should be worn low across the front of the pelvis or the pelvis, chest and shoulders, as applicable; wearing the lap section of the belt across the abdominal area must be avoided.**

⚠ **WARNING: No modifications or additions should be made by the user which will either prevent the seat belt adjusting devices from operating to remove slack, or prevent the seat belt assembly from being adjusted to remove slack.**

Seat belts should be adjusted as firmly as possible, consistent with comfort, to provide the protection for which they have been designed. A slack belt will greatly reduce the protection afforded to the wearer.

Belts should not be worn with the straps twisted.

Each belt assembly must only be used by one occupant; it is dangerous to put a belt around a child being carried on the occupant's lap.

The occupants of the front seats should not travel with the seat back at more than 30 degrees from the upright. Doing so will reduce the protection afforded by the seat belt.

Never place anything between you and the seat belt. It can be dangerous and reduce the effectiveness of the seat belt in preventing injury.

2. **Fastening a seat belt:**
   With the seat belt correctly positioned, place the metal tongue into the buckle nearest to you. Press it in until a click is heard.

   To release the seat belt, press the red button.

   Note: *When releasing the seat belt it is advisable to hold the belt before pressing the release button. This will prevent the belt from retracting too quickly.*

3. **Seat belt use during pregnancy**:
   Position the lap strap comfortably across the hips beneath the abdomen. Place the diagonal part of the seat belt between the breasts and to the side of the abdomen.

Position the seat belt correctly for the safety of the mother and unborn child. Never wear just the lap strap, and never sit on the lap strap whilst using just the shoulder strap. Both of these actions are extremely dangerous, and may increase your risk of serious injury in the event of an accident or during emergency braking.

Never place anything between you and the seat belt in an attempt to cushion the impact in the event of an accident. It can be dangerous, and will reduce the effectiveness of the seat belt in preventing injury.

Ensure that the seat belt is not slack or twisted.

4. **Seat belt height adjustment:**
   Press to release the catch.

   With the catch depressed move the mechanism slide up or down to the required height. Ensure that the locking mechanism has engaged.

   When correctly positioned, the seat belt should cross the collar bone at the mid-point between the neck and end of your shoulder.

   Where possible, rear seat passengers should adjust their seating position to achieve the same seat belt position.

Ensure that the height is correctly adjusted and the mechanism is locked in place before driving.

The use of comfort clips or devices that would create slack in the seat belt system, is not advised.