



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 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.

3. **Fastening a seat belt:** With the seat belt correctly positioned, place the metal tongue into the buckle nearest to you. Press the buckle 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.

4. **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, as illustrated. Ensure that the seat belt is not slack or twisted.



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

SEAT BELT SAFETY



Care should be taken to avoid contamination of the webbing with polishes, oils and chemicals, and particularly battery acid. Cleaning may safely be carried out using mild soap and water.



The belt should be replaced if webbing becomes frayed, contaminated or damaged.



It is essential to replace the entire assembly after it has been worn in a severe impact even if damage to the assembly is not obvious.



If any damage, wear, cuts, defects, or impaired operation are noted with the seat belts, the vehicle should be taken to a Land Rover Dealer/Authorised Repairer for immediate attention. Do not use the vehicle if the seat belts cannot be operated correctly.



Do not carry hard, fragile, or sharp items between your person and the seat belt.



Seat belts should be worn by all vehicle occupants, for every journey no matter how short.



Never wear just the lap belt or just the shoulder belt of a lap/shoulder diagonal seat belt. Both of these actions are extremely dangerous and may increase your risk of injury.



When using seat belts to restrain items other than occupants, take care to ensure that the belts are not damaged, or exposed to sharp edges.