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:** Using your finger to depress the release catch and the other underneath to raise and lower the mechanism into 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.

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 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.