

Front seats

⚠ WARNING

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

RESTRICTED SEAT TRAVEL

NOTICE

If seat movement stops unexpectedly during adjustment check for any obstructions and remove.

Once any obstructions have been removed the seat adjustment mechanism can be reset as follows.

Operate the button again to continue the stalled adjustment. When seat movement resumes hold the button until the end of travel in that direction has been reached. The seat position can now be carried out as normal.

Note: *If no obstructions can be seen, but normal adjustment cannot be carried out without stalling, contact your Land Rover Retailer.*

SITTING IN THE CORRECT POSITION

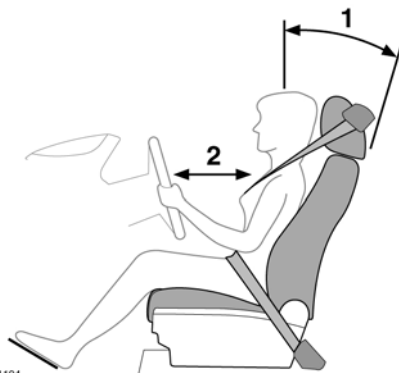
⚠ WARNING

Riding with a reclined seatback increases your chance of serious or fatal injuries in the event of a collision or sudden stop. The protection of your restraint system (seat belts and air bags) is greatly reduced by reclining your seat. Seat belts must be snug against your hips and chest to work properly. The more the seatback is reclined, the greater the chance that an occupant's hips will slide under the lap belt or the occupant's neck will strike the shoulder belt. Drivers and passengers should always sit well back in their seats, properly belted, and with the seatbacks upright.

⚠ WARNING

Never adjust the driver's seat while the vehicle is moving. Any sudden or unexpected movement of the seat could cause you to lose control of the vehicle resulting in an accident.

The seat, head restraint, seat belt and air bags, all contribute to the protection of the user. Correct use of these components will give you greater protection. Therefore, you should always 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, to achieve optimum benefit of the seat belt in the event of an accident.
 2. Do not move the driver's seat too close to the steering wheel. Ideally, a minimum distance of 10 inches (250 mm) is recommended between the breastbone and the steering wheel air bag cover. Hold the steering wheel in the correct position, with your arms slightly bent.
- Adjust the head restraint so that the top of the head restraint is above the center line of the head.