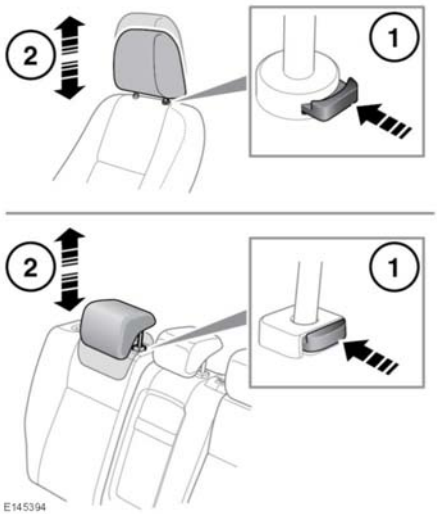
## HEAD RESTRAINTS

⚠ **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.**

⚠ **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.**

⚠ **Never adjust the head restraints while the vehicle is in motion.**

⚠ **Always store a removed head restraint securely.**




1. Press the locking collar to release the head restraint.
2. While pressing the locking collar, move the head restraint up or down to the required position.

Head restraints may be removed, if required (for example, to fit larger child seats). Raise the head restraint to its uppermost position and press the locking collar. Lift the restraint out of the seat back.

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

To refit the head restraint, make sure it is facing the correct direction; insert the stems of the head restraint into the sockets and push it downwards until at least the first click.

***Note:*** *See* ***20, CHILD SEATS****, for details on correct child restraint fitment.*