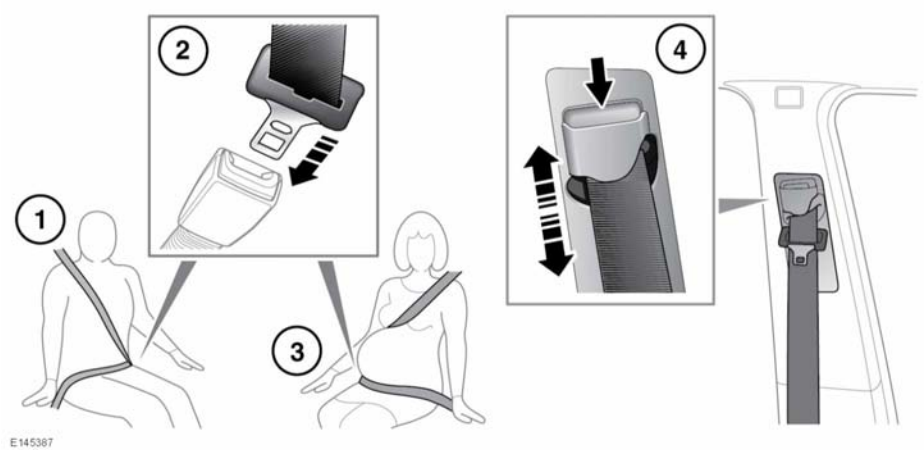
USING THE SEAT BELTS



1. **PUTTING ON A SEAT BELT:** Draw the belt out smoothly and make sure 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.

   Seatbelts 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 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.*