The seat, head restraint and seatbelt contribute to the protection of the user. Correct use of these components will give you greater protection, therefore you should observe the following points:

1. Sit in an upright position, with the base of your spine as far back as possible. To achieve optimum benefit of the seat belt in the event of an accident, do not recline the seat excessively.
2. Do not move the driver's seat too close to the steering wheel. Ideally, a minimum distance of 254 mm (10 inches) is recommended between the breastbone and the steering wheel. Hold the steering wheel in the correct position, with your arms slightly bent.
3. Adjust the head restraint so that the top of the head restraint is above the centre line of the head.
4. Position the seatbelt so that it is mid-way between your neck and your shoulder. Fit the strap tightly across your hips, not across your stomach.

Make sure that your driving position is comfortable and enables you to maintain full control of the vehicle.

FRONT SEAT BASE REMOVAL

It is necessary to remove the front seat bases to access the following:

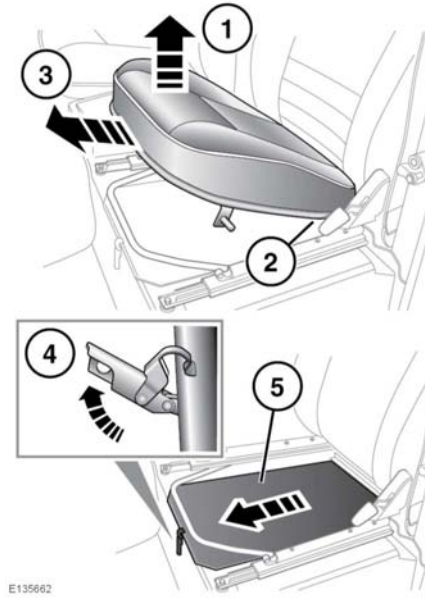
Right side seat:

- Vehicle battery.
- Wheel change tool kit.

Left side seat:

- Secondary fuse box.

On vehicles equipped with heated front seats, extra care must be taken when removing the seat base to avoid strain or damage to the electrical connections. If necessary, disconnect the lead from the seat base.



Remove a seat base as follows:

1. Firmly pull up the front of the seat base. This will release the front retaining clips.
2. If necessary, disconnect the seat heater electrical connection.
3. Pull the seat base forwards and remove.
4. Release the catch at the front of the compartment.
5. Slide the lid forwards and remove.