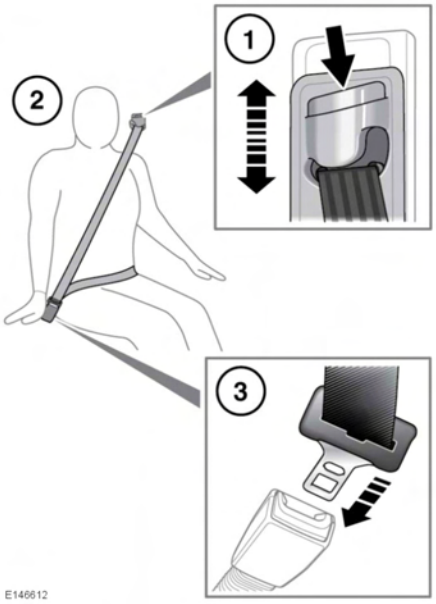
USING THE SEAT BELTS



1. **Seat belt height adjustment:** Press to release the catch.
   With the catch pressed, move the mechanism slide up or down to the required height. Make sure 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 the end of your shoulder.
   Where possible, rear seat passengers should adjust their seating position to achieve the same seat belt position.

⚠ **Make sure 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.**

2. **Putting on a seat belt:** Draw the belt out smoothly, make sure that 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.**

⚠ **Seat belts 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 the 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 position. 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.**