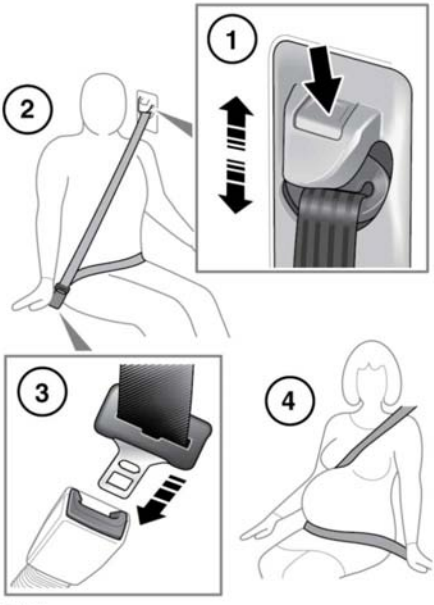
USING THE SEAT BELTS



E140967

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 end of your shoulder.
   Where possible, rear seat passengers should adjust their position on the seat, to enable the seat belt webbing to cross the shoulder without pressing on the neck.

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.

WARNING: 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 the occupant's 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 seatback reclined excessively. Doing so will reduce the protection afforded by the seat belt.