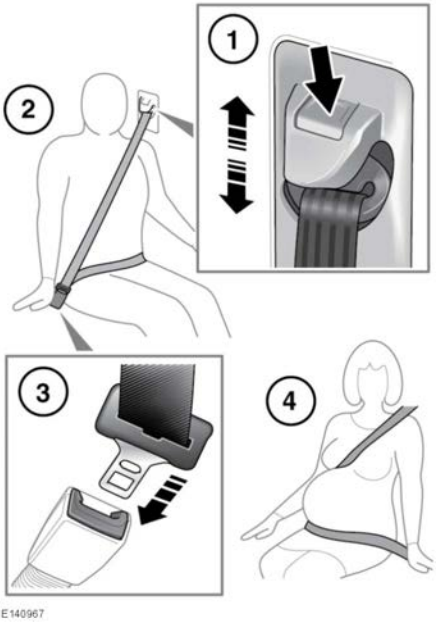
USING THE SEAT BELTS



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 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 the height is correctly adjusted and the mechanism is locked into 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 and make sure that the belt height, the seat and the occupant's position on the seat, are correct.

⚠ **Seat belts 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.**

⚠ **Seat belts should not be worn with the straps twisted.**

⚠ **Each seat belt assembly must only be used by one occupant. It is dangerous to put a seat 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.**

Never place anything between you and the seat belt, in an attempt to cushion the impact in the event of an accident. It can be dangerous and will reduce the effectiveness of the seat belt in preventing injury.

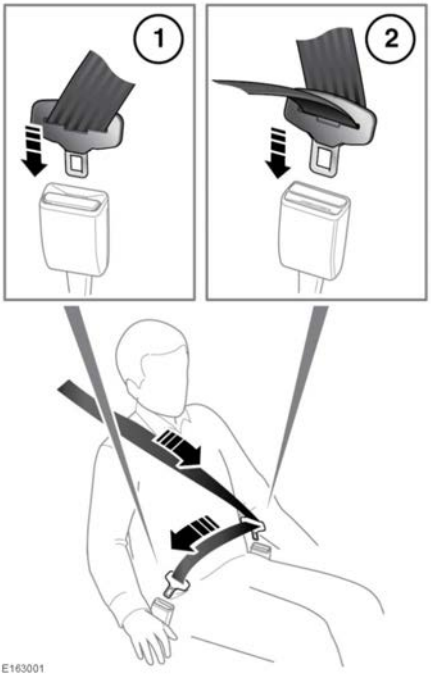
3. **Fastening a seat belt:** With the seat belt correctly positioned, place the metal tongue into the buckle nearest to you. Press it in until a click is heard.
   To release the seat belt, press the red button.

   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.*

4. **Seat belt use during pregnancy**: Position the lap strap comfortably across the hips, beneath the abdomen. Place the diagonal part of the seat belt between the breasts and to the side of the abdomen, as illustrated. Make sure the seat belt is not slack or twisted.

Position the seat belt correctly for the safety of the mother and the unborn child. Never wear just the lap strap and never sit on the lap strap while using just the shoulder strap. Both of these actions are extremely dangerous and may increase the risk of serious injury in the event of an accident or during emergency braking.

Third row seat belts



To make sure the third row seat belts are used correctly, refer to the front and rear seat belt warnings, shown earlier in this section of the Owner's handbook.

Each third row seat belt system features 2 metal tongues, and 2 buckles. To correctly fasten a third row seat belt:

1. Draw the seat belt out smoothly, and connect the smaller tongue into the outboard buckle. The outboard buckle is identified by a black button. Press the tongue into the buckle, until a click is heard. Pull up on the belt, to confirm the buckle is latched correctly.
   To release the seat belt, press the black button.