HEAD RESTRAINTS

⚠ **Adjust so that the top of the head restraint is above the centre line of the head. Incorrect adjustment increases the risk of death or serious injury in the event of a collision.**

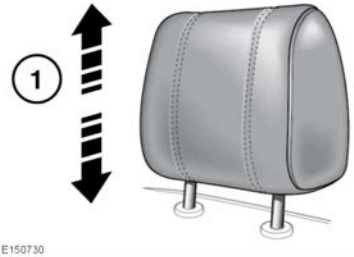
⚠ **Do not drive, or carry passengers with the head restraints removed from occupied seats. The absence of a correctly adjusted head restraint increases the risk of neck injury in the event of a collision.**

⚠ **Never adjust the head restraints while the vehicle is in motion.**

⚠ **Always store a removed head restraint securely.**

Note: *The head restraints on SVR vehicles are not adjustable.*

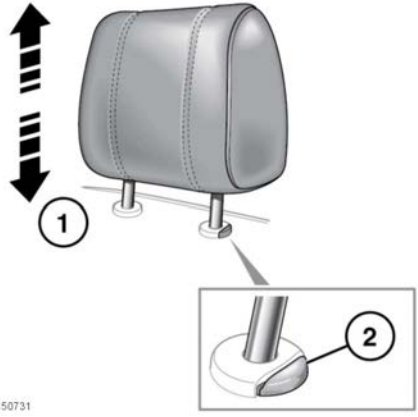
ELECTRIC HEAD RESTRAINTS



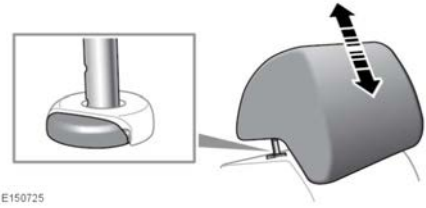
1. To adjust the height of the head restraint. See **16, ELECTRIC SEATS**.

   Note: *It is not possible to remove electric head restraints.*

MANUAL HEAD RESTRAINTS



1. To raise, pull the head restraint upwards. It will click and lock into position.
2. To lower, press the locking button and push down on the restraint.



1. To raise, pull the head restraint upwards. It will click and lock into position.
2. To lower, press the locking button and push down on the restraint.

HEAD RESTRAINT REMOVAL

⚠ **Always store a removed head restraint securely.**

Do not drive, or carry passengers with the head restraints removed from occupied seats. The absence of a correctly adjusted head restraint increases the risk of neck injury in the event of a collision or sudden stop.

Manual head restraints may be removed, if required (e.g. to fit larger child seats).

1. Raise the head restraint to its uppermost position and press the locking collar.
2. Lift the restraint out of the seatback.

Make sure the head restraint is refitted before the seat is used by a passenger.

1. Make sure the restraint is facing the correct direction.
2. Insert the stems of the head restraint into the sockets on the seatback.
3. Push the restraint downwards until at least the first click.

Note: *See* ***35, RECOMMENDED CHILD SEATS****, for details on correct child restraint installation.*