- Heated/Climate control: See **79, CLIMATE SEATS**.
- Seat massage: See **81, SEAT MASSAGE**.

RESTRICTED FRONT SEAT TRAVEL

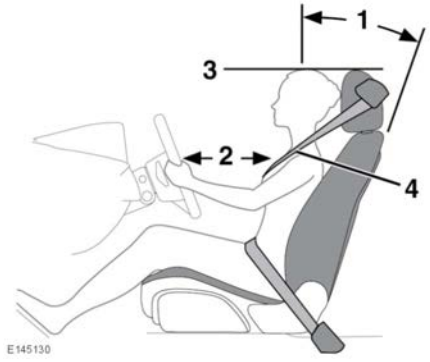
If seat movement stops unexpectedly during adjustment, check for and remove any obstructions.

Once any obstructions have been removed, the seat adjustment mechanism can be reset as follows:

Operate the button again to continue the stalled adjustment. When seat movement resumes, hold the button until the end of travel in that direction has been reached. Seat adjustment can now be carried out as normal.

Note: *If no obstructions can be seen, but normal adjustment cannot be carried out without stalling, contact your Land Rover Dealer/Authorised Repairer.*

SITTING IN THE CORRECT POSITION



The driver and front seat passenger must not ride with the seat fully reclined.

Do not adjust the seat while the vehicle is moving.

The seat, head restraint, seat belt and airbags, all contribute to the protection of the user. Correct use of these components will give you greater protection, therefore, you should always 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 airbag cover. 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 seat belt so that it is midway 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.