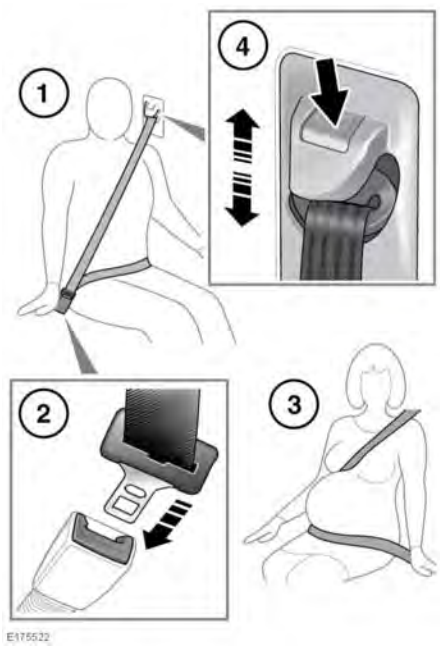
USING THE SEAT BELTS



1. **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.
2. **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. Pull up on the belt, to confirm the buckle is latched correctly.
   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.*
3. **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.

   ⚠ **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.**

   ⚠ **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.**
4. **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 the height is correctly adjusted and the mechanism is locked into place before driving. Maladjustment of the seat belt could reduce its effectiveness in a crash.**

Do not attempt to adjust the seat belt height once the vehicle is in motion. Doing so may cause you to lose control of the vehicle, or incorrectly adjust the seat belt.



Do not use comfort clips or devices that create slack in the seat belt system.



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. A slack seat belt will greatly reduce the protection afforded to the wearer.



Seat belts are designed to bear upon the bony structure of the body, and should be worn low across the front of 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 seat 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.



Riding with a reclined seatback increases your chance of serious or fatal injuries in the event of a collision or sudden stop. The protection of your restraint system (seat belts and airbags) is greatly reduced by reclining your seat. Seat belts must be snug against your hips and chest to work properly. The more the seatback is reclined, the greater the chance that an occupant's hips will slide under the lap belt or the occupant's neck will strike the shoulder belt. Drivers and passengers should always sit well back in their seats, properly belted and with the seatbacks upright.



The airbag Supplementary Restraint System (SRS) is designed to add to the overall effectiveness of the seat belts. It does not replace them. Seat belts must always be worn.



Seat belts should be worn by all vehicle occupants, for every trip, no matter how short. Failure to do so will greatly increase the risk of death or serious injury in the event of an accident.



Never wear just the lap belt or just the shoulder belt of a lap/shoulder diagonal set belt. Both of these actions are extremely dangerous and may increase your risk of injury.