

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 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 increase your 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 reduce the effectiveness of the seat belt in preventing injury.



Ensure that the seat belt is not slack or twisted.

4. **Seat belt height adjustment:**

- Press to release the catch.
- With the catch depressed slide the mechanism up or down to the required height. Release the catch and ensure 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.



Ensure 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.



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.

SEAT BELT SAFETY



Care should be taken to avoid contamination of the webbing with polishes, oils and chemicals, and particularly battery acid. Cleaning may safely be carried out using mild soap and water.



The belt should be replaced if webbing becomes frayed, contaminated or damaged.



It is essential to replace the entire assembly after it has been worn in a severe impact, even if damage to the assembly is not obvious.



Do not carry hard, fragile or sharp items between your person and the seat belt.



Seat belts should be worn by all vehicle occupants, for every journey, no matter how short.



When using seat belts to restrain items other than occupants, take care to ensure that the belts are not damaged, or exposed to sharp edges.



The use of comfort clips, or devices that would create slackness in the seat belt system, is not advised.