FRONT HEAD RESTRAINTS

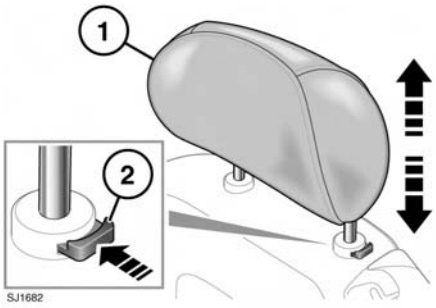
Adjust the head restraint so that the top of the head restraint is above the centre line of the head. An incorrectly adjusted head restraint increases the risk of death or serious injury in the event of a collision.

It is possible to swivel the head restraint forwards or backwards. For greater protection in the event of a collision, the head restraint should be adjusted so that it is as close to the back of the head as is practical.

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

Do not drive or carry passengers with the head restraint removed from an occupied seat. The absence of a correctly adjusted head restraint increases the risk of neck injury in the event of a collision.

Always store a removed head restraint securely.



- To raise, pull the restraint (**1**) upwards, it will click and lock in position.

  Note: *Do not try to raise the head restraint further than the third adjustment position.*
- To lower, depress the locking collar (**2**) and push down on the restraint.
- Swivel the head restraint upwards or backwards until it is comfortably positioned behind your head.

The head restraints may be removed, if required. Raise the head restraint to its uppermost position and press the locking collar. Lift the restraint out of the seat back.

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

To refit the head restraint, ensure it is facing the correct direction, insert the stems of the head restraint into the sockets and push it downwards until at least the first click.