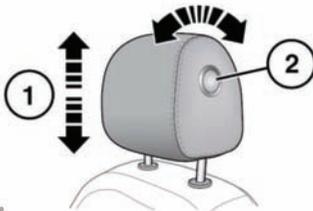


FRONT HEAD RESTRAINTS

-  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 restraint while the vehicle is in motion.

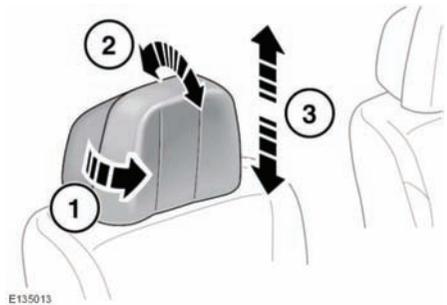
ELECTRIC FRONT HEAD RESTRAINTS



E135416

1. To adjust the height of the head restraint, see **13, ELECTRIC SEATS**
2. To adjust the angle of the head restraint, press the locking button on the side of the restraint and tilt to the desired position.

Note: There is no angle adjustment on headrests where a DVD screen is fitted.



E135013

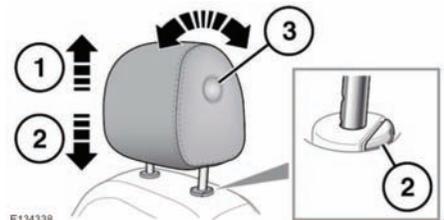
1. Pull the wing heads forward to the first or second position.
2. Rotate the head restraint to adjust the angle.

Note: There is no angle adjustment on headrests where a DVD screen is fitted.

3. To adjust the height of the head restraint, see **13, ELECTRIC SEATS**

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

MANUAL FRONT HEAD RESTRAINTS



E134338

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

Note: Do not try to raise the head restraint further than the third adjustment position.

2. To lower, depress the locking collar and push down on the restraint.
3. To adjust the angle of the head restraint, press the locking collar on the side of the restraint and tilt to the desired position.