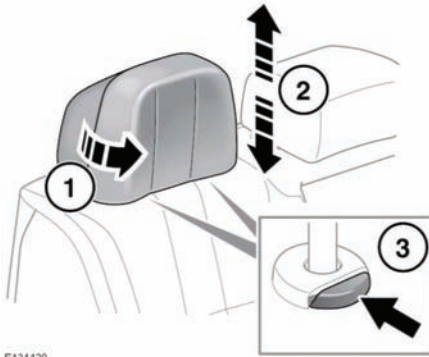


Note: Do not use the locking collars to raise or lower the centre head restraint.



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1. Pull the wing heads forward to the first or second position.
2. To raise, pull the restraint upwards, it will click and lock in only one position.

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

3. To lower, depress both the locking collars at the same time.

REAR HEAD RESTRAINT REMOVAL



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.

It is possible to remove the centre rear head restraint, if necessary, to enable the fitment of a child restraint:

1. Raise the head restraint to its uppermost position.
2. Press both locking collars.
3. Lift the head restraint out of the seat.

Ensure the head restraint is refitted once the child seat is removed.

Note: It is not possible to remove the left or right rear head restraints.

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