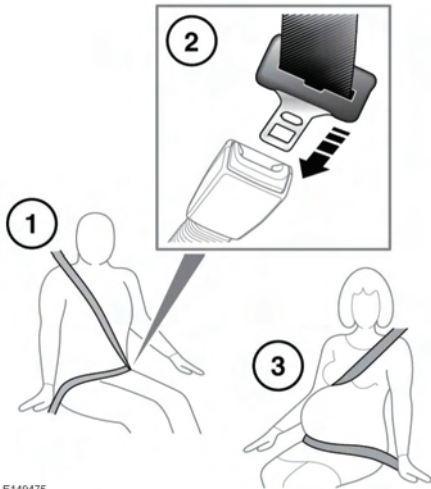


USING THE SEAT BELTS



E149475

1. Draw the belt out smoothly, ensure that the seat, and your position on the seat are correct.



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



Occupants should not travel with the seat back reclined excessively. Doing so will reduce the protection afforded by the seat belt.



Never place anything between you and the seat belt. It can be dangerous and reduce the effectiveness of the seat belt in preventing injury.

2. With the seat belt correctly positioned, place the metal tongue into the buckle nearest to you. Press it in until a click is heard. Ensure that all slack has been taken up by the retractor and the belt fits tightly across the hips.

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.

To release the seat belt, press the red button.

3. **Use of seat belts 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 whilst 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.