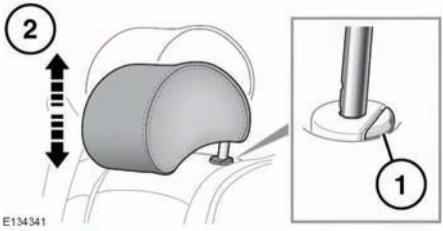
Do not use the rear centre head restraint in its stowed (lowest) position. This position is to facilitate maximum rear visibility only.



1. If the head restraint is to be lowered, press and hold the locking collar, and then push the head restraint down to the required position.
2. Move the head restraint up or down to the required position. When raised, it will click and lock in to position.

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. In the event of an accident, an unsecured object can cause serious injury or death.

It is possible to remove head restraints from the rear seats and from front manual seats, (e.g. to enable installation of a child restraint), as follows:

- Raise the head restraint to its uppermost position and press the locking collar.
- Lift the head restraint out of the seat.

Note: *Refer to* ***32, CHILD SEATS****, for further details on correct child restraint installation.*

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

To refit the head restraint, make sure 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.