USING THE SEAT BELTS



1. **Putting on a seat belt**: Draw the belt out smoothly, making sure that the seat and your position on the seat, are correct. When correctly positioned, the seat belt should cross the collar bone at the mid-point between the neck and the end of your shoulder.
   Where possible, rear seat passengers should adjust their seating position to achieve the same seat belt position.
2. **Fastening a seat belt**: With the seat belt correctly positioned, place the metal tongue into the buckle nearest to you. Press it in until a click is heard.
   To release the seat belt, press the red button.

   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.*
3. **Seat belt use 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 while using just the shoulder strap. Both of these actions are extremely dangerous, and may increase your risk of serious injury in the event of an accident or during emergency braking.**

⚠ **Never place anything between you and the seat belt in an attempt to cushion the impact in the event of an accident. It can be dangerous, and will reduce the effectiveness of the seat belt in preventing injury.**

⚠ **Do not use comfort clips or devices that would create slack in the seat belt system.**

⚠ **No modifications or additions should be made by the user which will either prevent the seat belt adjusting devices from operating to remove slack, or prevent the seat belt assembly from being adjusted to remove slack. A slack seat belt offers a greatly reduced level of occupant protection in an impact.**