


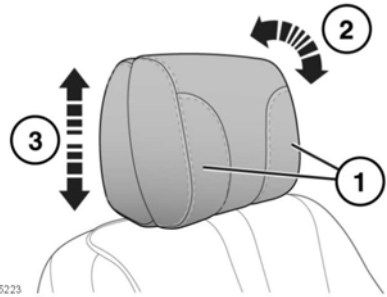


## FRONT HEAD RESTRAINTS

-  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.



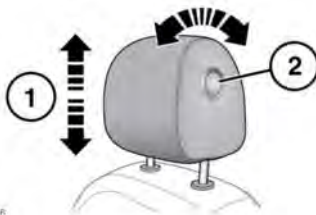
E155223

1. Pull the wing heads forward into the first or second position.
2. Rotate the head restraint to adjust the angle.  
*Note: There is no angle adjustment on a head restraint 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.*

## ELECTRIC FRONT HEAD RESTRAINTS

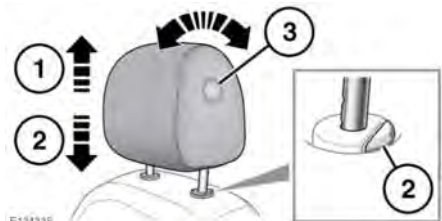
Follow the instructions for the design of head restraint fitted to your vehicle.



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 a head restraint where a DVD screen is fitted.*

## MANUAL FRONT HEAD RESTRAINTS




E154336

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.

# Head restraints


**Note:** The head restraint can only be removed if the seat is moved forward or back to create more space.

To remove the head restraint, adjust the angle of the back of the seat forward or back to create more space. Press both locking collars at the same time and lift the restraint out of the seat.

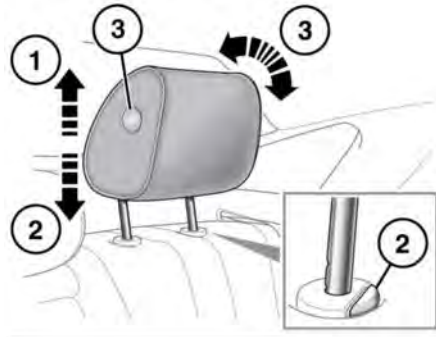
 **Do not drive or carry passengers with the head restraint removed from an occupied seat. The absence of a correctly adjusted head restraint increases the risk of neck injury in the event of a collision.**

 **WARNING:** Always store a removed head restraint securely.

## REAR HEAD RESTRAINTS

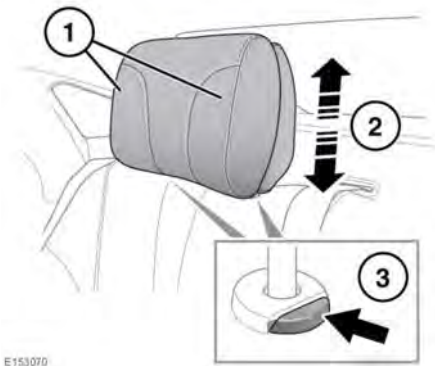
 It is possible to swivel the head restraint forwards or backwards. For greater protection in the event of a collision, the head restraint should be adjusted so that it is as close to the back of the head as is practical.

Follow the instructions for the design of head restraint fitted to your vehicle.



1. To raise, pull the restraint upwards, it will click and lock in 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.
4. To adjust the centre head restraint, tilt the restraint forward.
5. Raise or lower the centre head restraint as required. The restraint can be locked in 1 of 3 height positions.

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



1. Pull the wing heads forward into 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.**



**If the centre rear head restraint is removed to allow the fitting of a child seat. Always store the 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.

Make sure that the head restraint is refitted once the child seat is removed.

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

To refit the head restraint, make sure 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.