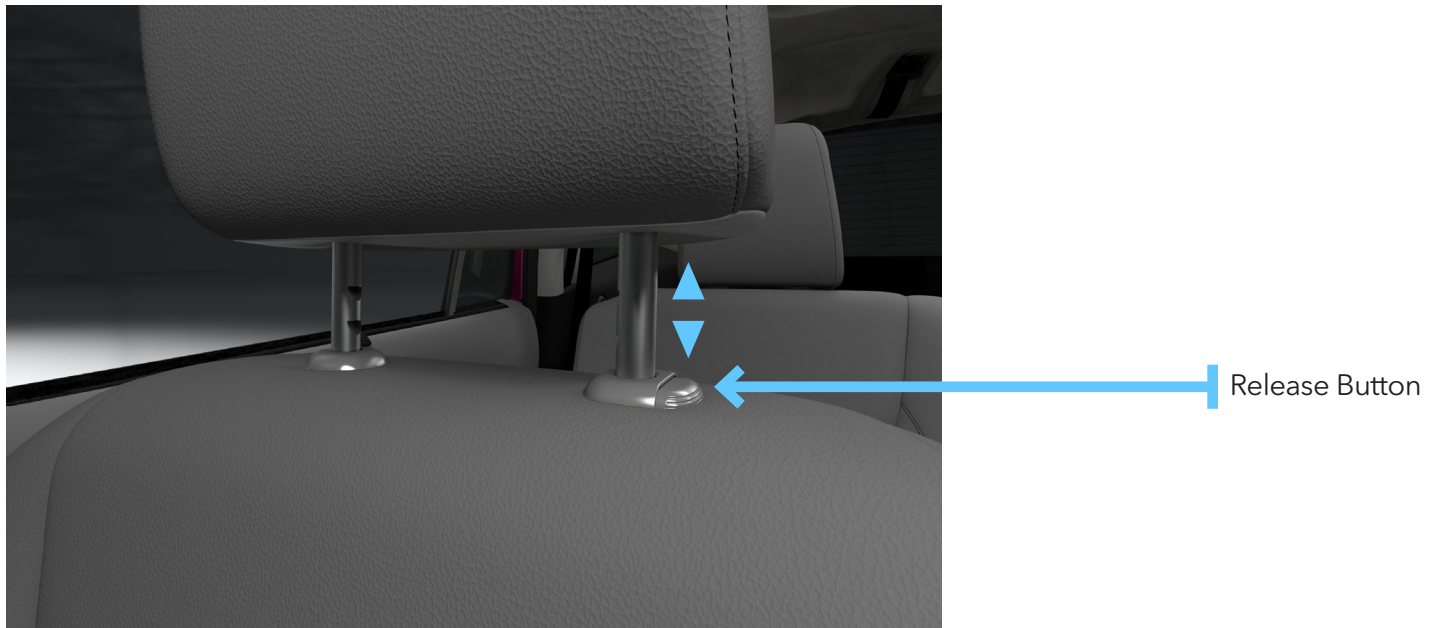


Adjust Head Restraints

Commonly referred to as “headrests,” head restraints are most effective for protection against whiplash and other rear-impact crash injuries when the center of the back of the occupant’s head rests against the center of the restraint.



Follow these steps:

- To raise the head restraint: Pull it upward
- To lower the head restraint: Push it down while pressing the release button
- To remove a head restraint: Pull the restraint up as far as it will go; then push the release button, and pull the restraint up and out
- To reinstall a head restraint: Insert the legs back in place, and then adjust the head restraint to an appropriate height while pressing the release button; pull up on the restraint to make sure it’s locked into place

WARNING

Failure to reinstall, or correctly reinstall, the head restraints can result in severe injury during a crash.

Always replace the head restraints before driving.