

How to Adjust the Head Restraints

It's important to make sure the head restraints are adjusted properly to help enhance their safety performance.

To Adjust the Front-Seat Head Restraints

- 1 Push the button on the side of the head restraint to allow adjustment
- 2 Raise or lower the head restraint so that the top of the restraint is at the same height as the top of the seat occupant's head
- 3 Release the button and try to move the restraint up and down to ensure it's locked in place



To Adjust the Rear-Seat Head Restraints

- 1 Raise the head restraint so that the top of the restraint is at the same height as the top of the seat occupant's head
- 2 If the restraint is too high, push the button on the side of the head restraint to lower it to the proper height
- 3 Release the button and try to move the restraint up and down to ensure it's locked in place



See your vehicle's Owner's Manual for even more details. You can download one at mygarage.honda.com.