

Adjust Head Restraints

Head restraints help provide protection against whiplash when the back of the occupant's head aligns with the center of the restraint.



Release Button

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.

For more information, see your Owner's Manual.