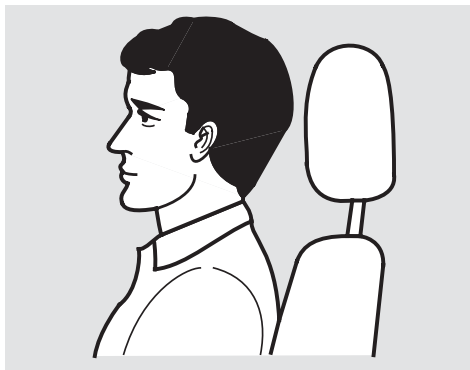


Protecting Adults

4. Adjust the Head Restraints



Before driving, make sure everyone with an adjustable head restraint has properly positioned the head restraint. The restraint should be positioned so the back of the occupant's head rests against the center of the restraint. A taller person should adjust the restraint as high as possible.

⚠ WARNING

Improperly positioning head restraints reduces their effectiveness and you can be seriously injured in a crash.

Make sure head restraints are in place and positioned properly before driving.

Properly adjusted head restraints will help protect occupants from whiplash and other crash injuries.

See page 99 for how to adjust the head restraints.