

### Seats and Seat-Backs

Your vehicle's seats are designed to keep you in a comfortable, upright position so you can take full advantage of the protection offered by seat belts and the energy absorbing materials in the seats.

How you adjust your seats and seat-backs can also affect your safety. For example, sitting too close to the steering wheel or dashboard increases the risk of you or your passenger being injured by striking the inside of the vehicle, or by an inflating airbag.

Reclining a seat-back too far reduces the seat belt's effectiveness and increases the chance that the seat's occupant will slide under the seat belt in a crash and be seriously injured.

***What you should do:*** Move the front seats as far back as possible, and keep adjustable seat-backs in an upright position whenever the vehicle is moving.

### Head Restraints

Head restraints can help protect you from whiplash and other injuries. For maximum protection, the back of your head should rest against the center of the head restraint.

### Door Locks

Keeping your doors locked reduces the chance of being thrown out of the vehicle during a crash. It also helps prevent occupants from accidentally opening a door and falling out, and outsiders from unexpectedly opening your doors.