Adjusting the Front Seats

Always make seat adjustments before driving.

Adjust the driver’s seat as far back as possible while allowing you to maintain full control of the vehicle. You should be able to sit upright, well back in the seat and be able to adequately press the pedals without leaning forward, and grip the steering wheel comfortably. The passenger’s seat should be adjusted so that it is as far back from the front airbag in the dashboard as possible.

The National Highway Traffic Safety Administration and Transport Canada recommend that drivers allow at least 10 inches (25 cm) between the center of the steering wheel and the chest.

Driver’s Power Seat*1

*1 - If equipped
Front Manual Seat(s)*1

**WARNING**

Sitting too close to a front airbag can result in serious injury or death if the front airbags inflate.
Always sit as far back from the front airbags as possible while maintaining control of the vehicle.

**Adjusting the Seat-Backs**

Adjust the driver’s seat-back to a comfortable, upright position, leaving ample space between your chest and the airbag cover in the center of the steering wheel.

The front seat passenger should also adjust their seat-back to a comfortable, upright position.

Do not put a cushion, or other object, between the seat-back and your back. Doing so may interfere with proper seat belt or airbag operation.

**WARNING**

Reclining the seat-back too far can result in serious injury or death in a crash. Adjust the seat-back to an upright position, and sit well back in the seat.

*1 - If equipped*
Adjusting the Head Restraints

Your vehicle is equipped with head restraints in all seating positions. 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. The tops of the occupant’s ears should be level with the center height of the restraint.

In order for the head restraint system to work properly:

- Do not hang any items on the head restraints or from the restraint legs.
- Do not place any objects between an occupant and the seat-back.
- Install each restraint in its proper location.

**WARNING**

Improperly positioning head restraints reduces their effectiveness and increases the likelihood of serious injury in a crash.

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

- **Adjusting the Front Head Restraints**
  
  To raise: Pull it upward.
  
  To lower: Push it down while pressing the release button.

- **Adjusting the Rear Head Restraints**
  
  To raise: Pull it upward.
  
  To lower: Push it down while pressing the release button.
Removing and Reinstalling the Head Restraints

Head restraints can be removed for cleaning or repair.

To remove: Pull the restraint up as far as it will go. Then push the release button, and pull the restraint up and out.

To reinstall: Insert the legs back in place, then adjust the head restraint to an appropriate height while pressing the release button. Pull up on the restraint to make sure it is locked in position.

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

Maintain a Proper Seating Position

After all occupants have adjusted their seats and head restraints, and put on their seat belts, it is very important that they continue to sit upright, well back in their seats, with their feet on the floor, until the vehicle is safely parked and the engine is off.

Sitting improperly can increase the chance of injury during a crash. For example, if an occupant slouches, lies down, turns sideways, sits forward, leans forward or sideways, or puts one or both feet up, the chance of injury during a crash is greatly increased.

In addition, an occupant who is out of position in the front seat can be seriously or fatally injured in a crash by striking interior parts of the vehicle or being struck by an inflating front airbag.

Sitting improperly or out of position can result in serious injury or death in a crash.
Always sit upright, well back in the seat, with your feet on the floor.
Adjusting the Rear Seats

Adjusting the Rear Seat-Backs

Pull the lever on the right to change the angle of the right half of the seat-back, and left for the left half.

Folding Up the Rear Seats

Separately lift up the left and right halves of the rear seat cushions to increase the cargo area.

1. Make sure the seat belt buckles are in their loops on the seat.
2. Pull up the rear seat cushion.

Vehicle Controls
3. Fold the seat leg down while pushing the seat cushion firmly against the seat-back to lock it.

**Putting the seat in the original position**

1. Hold the seat cushion in the upright position, and pull up the seat leg fully. The seat cushion can abruptly fall down once you pull up the seat leg.
2. Slowly put down the seat cushion and set the seat leg in the floor guide. A latch comes out when the leg is set properly.

After you fold the seat up, or put it back in the original position, make sure the seat is firmly secured by rocking it forward and back.

Check if there are any items on the seat before you pull the seat cushion up. Check if there are any obstacles around the floor guide before you put the seat back in the original position.

**Folding Down the Rear Seats**

1. Store the center seat belt.
2. Insert the latch plate into the slot on the side of the anchor buckle.
3. Retract the seat belt into the holder on the ceiling.
4. Lower the head restraint to its lowest position.
5. Pull up the release lever and fold down the seat-back.

To return the seat to the original position, pull up the seat-back in the upright position until it locks.

Front Seat Heaters*1

The ignition switch*1 / ENGINE START/STOP button*1 must be in ON to use the seat heaters.

- Once - The HI setting (two indicators on)
- Twice - The LO setting
- Three times - The OFF setting (no indicator on)

Do not use the seat heaters even in LO when the engine is off. Under such conditions, the battery may be weakened, making the engine difficult to start.

In the LO setting, the heater runs continuously and does not automatically turn off.

⚠️ WARNING

Heat-induced burns are possible when using seat heaters.
Persons with a diminished ability to sense temperature (e.g., persons with diabetes, lower-limb nerve damage, or paralysis) or with sensitive skin should not use seat heaters.

*1 - If equipped