

Q. Tell me how you make sure your head restraint is correctly adjusted so it provides the best protection in the event of a crash

A. *The head restraint should be adjusted so the rigid part of the head restraint (where your head would hit it if thrown back) is at least as high as the eye or top of the ears, and as close to the back of the head as is comfortable.*



(Pictures 1-4 courtesy of RoSPA)



On the Peugeot 207 the head restraint lock is simply pushed in and the restraint moved up or down as required.