Head Restraints
The head restraints are designed to help reduce injuries due to whiplash. They are located at the top of each front seat-back and have several height positions. They can be adjusted by pulling up to the recommended position. To lower them, slide the button next to the restraint’s height bar, while pushing the restraint down. Adjust so the top of the restraint is approximately level with the tops of your ears.
If a head restraint must be removed (for cleaning, fabric repair, etc.) pull the restraint up to its highest position, then slide the button while pulling the restraint out. To reinstall, reverse the above procedure.

⚠️ WARNING
• Do not drive the car with head restraints removed.
• Do not try to adjust head restraints while driving.

Rear Seat
If you need more luggage space, the rear seat-back can be folded down. Pull the release on the top of the seat-back and fold the seat-back down.

(cont’d)
Seats (cont'd)

Luggage Cover
If you need more luggage height with the seat-back upright, fold the rear section of the cover forward, or pull the latches on both sides under the cover to the rear and lift the cover out.

⚠️ WARNING ⚠️
- Passengers or pets must not sit on the folded portion of the rear seat.
- Make sure the seat-back latches engage securely when the seat-back is returned to its normal position.
- When transporting luggage or other cargo, do not pile it higher than the front seats. This precaution will help prevent such items from becoming dangerous projectiles in an accident.
- Cargo weight should be distributed as far forward as possible for better vehicle handling.
- Weight limits shown on the label on the edge of the driver's door must be observed. The total weight of passengers and cargo must not exceed the total weight limit on the label.
- Do not store any items on the shelf behind the rear seat; they may become dangerous projectiles in a collision.
- Make sure both rear shoulder belts are positioned in front of the rear seat-backs whenever the seat-backs are in their upright position.
Your Integra is equipped with seat belts and other features that work together to protect you and your passengers during a crash.

Seat belts are the most important part of your occupant protection system. When worn properly, seat belts can reduce the chance of serious injury or death in a crash.

An indicator light and beeper are also part of your safety system. They remind you to make sure you and your passengers wear your seat belts.

The seats, head restraints, and door locks also play a role in occupant safety. For example, reclining your seat can decrease the effectiveness of your seat belt. Head restraints can help protect your neck and head, especially during rear-end impacts. Door locks help keep your doors from being accidentally opened during a crash.

To get the maximum protection from your occupant protection system, check the following before you drive away:

- Everyone in the car is wearing a seat belt properly (see page 14).
- Infants and small children are properly secured in child safety seats (see page 30).
- All doors are closed and locked (see page 28).
- Seat-backs are upright and head restraints are properly adjusted (see page 27).
- There are no loose items that could be thrown around and hurt someone during a crash or sudden stop (see page 28).

By following these guidelines, you can reduce injuries to yourself and your passengers in many crash situations. Remember, however, that no safety system can prevent all injuries or deaths that can occur in severe crashes.
Why Wear Seat Belts
Wearing seat belts, and wearing them properly, is fundamental to your safety and the safety of your passengers.

During a crash or emergency stop, seat belts can help keep you from being thrown against the inside of the car, against other occupants, or out of the car.

Of course, seat belts cannot completely protect you in every crash. But, in most cases, seat belts reduce your chance of serious injury, and can even save your life. That is why many states and all Canadian provinces require you to wear seat belts.

**WARNING**
Not wearing a seat belt increases the chance of being killed or seriously hurt in a crash.

Be sure you and your passengers always wear seat belts and wear them properly.

Important Safety Reminders
Seat belts are designed for adults and larger children. All infants and small children must be properly restrained in child safety seats (see page 30).

- A pregnant woman needs to wear a seat belt to protect herself and her unborn child (see page 26).
- Two people should never use the same seat belt. If they do, they could be very seriously injured in a crash.
- Do not put shoulder belt pads or other accessories on seat belts. They can reduce the effectiveness of the belts and increase the chance of injury.
- On U.S. models, the front lap belt must always be worn in conjunction with the automatic front shoulder belt.