Adjusting the seating position

Introduction

In this section you'll find information about:
- Examples of improper seating positions
- Proper seating position
- Manual controls on the driver and front passenger seats
- Electrical controls on the driver and front passenger seats
- Electrical Easy Entry
- Adjusting the front head restraints
- Removing and reinstalling the front head restraints
- Adjusting the steering wheel position
- Center armrest

Number of seats

The vehicle has a total of 4 seating positions: 2 in front and 2 in the rear. Each seating position has a safety belt.

More information:
- Seat functions
- Safety belts
- Airbag system
- Child safety and child restraints

⚠️ WARNING

Improper seating positions increase the risk of severe or fatal injuries in a crash or other accidents, especially when the airbag deploys.
- All occupants must sit properly and be properly restrained at all times.
- Never let more people ride in the vehicle than there are seating positions with safety belts available.
- Always secure children in the vehicle with an approved and suitable restraint system appropriate for their age, weight, and height.
- Always keep your feet on the floor in front of the seat. Never rest them on the seat, instrument panel, out of the window, etc. The airbag system and safety belt will not be able to protect you properly and can even increase the risk of injury in a crash.
WARNING
Always adjust seat, safety belts, and front seat head restraints properly before driving and make sure that all passengers are properly restrained.

- Push the passenger seat as far back as possible. Always be sure that there are at least 10 inches (25 cm) between the front passenger’s breastbone and the instrument panel.
- Always adjust the driver’s seat and the steering wheel so that there are at least 10 inches (25 cm) between your breastbone and the steering wheel.
- Adjust the driver’s seat so that you can easily push the pedals all the way to the floor while keeping your knee(s) slightly bent. The distance to the instrument panel in the knee area must be at least 4 inches (10 cm).
- If these requirements cannot be met for physical reasons, contact an authorized Volkswagen dealer or an authorized Volkswagen Service Facility to see whether adaptive equipment is available.
- Always hold the steering wheel on the outside of the steering wheel rim with your hands at the 9 o'clock and 3 o'clock positions to help reduce the risk of personal injury if the driver’s airbag inflates.
- Never hold the steering wheel at the 12 o'clock position or with your hands at other places inside the steering wheel rim or on the steering wheel hub. Holding the steering wheel the wrong way can cause serious injuries to the hands, arms, and head if the driver’s airbag inflates.
- Pointing the steering wheel toward your face decreases the ability of the driver’s airbag to help protect you in a collision.
- Never drive with backrests reclined or tilted back farther than necessary to drive comfortably. The farther back the backrests are tilted, the greater the risk of injury caused by incorrect positioning of the safety belts and improper seating position.
- Never drive with the front seat passenger backrest tilted forward. If the front airbag deploys, the front backrest can be forced backward and injure passengers on the rear seat.
- Sit as far back as possible from the steering wheel and the instrument panel.
- Always sit upright with your back against the backrest with the front seats properly adjusted. Never lean against or place any part of your body too close to the area where the airbags are located.
- Rear seat passengers who are not properly seated and restrained are more likely to be seriously injured in a crash.

WARNING
Improper adjustment of the seats can cause accidents and severe injuries.

- Never adjust the seats while the vehicle is moving. Your seat may move unexpectedly and you could lose control of the vehicle. In addition, you will not be in the correct seating position while adjusting the seats.
- Adjust the front seat height, angle and longitudinal direction only if the seat adjustment area is clear.
- The adjustment of the front seats must not be restricted by things in the foot well in front or behind the seats.
WARNING

Some kinds of cigarette lighters can be lit unintentionally, or crushed causing a fire that can result in serious burns and vehicle damage.

- Always make sure that there are no lighters in the seat tracks or near other moving parts before adjusting the seats.
- Before closing a storage compartment, always make sure that no cigarette lighter can be activated, crushed, or otherwise damaged.
- Never leave a cigarette lighter in a storage compartment, on the instrument panel, or in other places in the vehicle. Heat buildup in the passenger and luggage compartment of a parked vehicle can result in temperatures in the vehicle that are much higher than the outside temperatures, particularly in summer. High temperatures could cause the cigarette lighter to catch fire.

Examples of improper seating positions

Please first read and note the introductory information and heed the WARNINGS.

Not wearing or improperly fastening safety belts increases the risk of severe or fatal injuries. Safety belts can work only when they are properly positioned on the body. An improper seating position significantly impairs the protection provided by safety belts. This can cause severe or even fatal injuries. Improper seating positions also increase the risk of serious injury or death when an airbag deploys and strikes an occupant who is not in the proper seating position. The driver is responsible for all passengers and especially children riding in the vehicle.

The following are only some examples of seating positions that will increase the risk of serious injury or death.

Therefore, whenever the vehicle is moving:

- Never stand up in the vehicle.
- Never stand on the seats.
- Never kneel on the seats.
- Never ride with the seat backrest reclined.
- Never lean up against the instrument panel.
- Never lie down on the rear seat.
- Never sit on the edge of the seat.
- Never sit sideways.
- Never lean out the window.
- Never put your feet out the window.
- Never put feet on the instrument panel.
- Never rest your feet on the seat cushion or back of the seat.
- Never ride in the footwell.
- Never sit or stand on an armrest.
- Never ride without your safety belt properly fastened.
- Never ride in the luggage compartment.
WARNING

Contact with parts of the vehicle interior can cause serious personal injury in a crash.

- Always make sure that all vehicle occupants stay in a proper seating position and are properly restrained whenever the vehicle is moving.
- Improper seating positions increase the risk of serious and fatal injury, especially when an airbag deploys and strikes a passenger in an improper seating position.

Proper seating position

Fig. 40 The driver should never sit closer than 10 inches (25 cm) of the steering wheel.

Fig. 41 Proper safety belt positioning and head restraint adjustment.

Please first read and note the introductory information and heed the WARNINGS.

The following describes the proper seating positions for the driver and passengers.

If you have a physical impairment or condition that prevents you from sitting properly on the driver seat with the safety belt properly fastened and reaching the pedals, special modifications to your vehicle may be necessary. Only the proper seating position ensures optimum protection by the safety belt and airbag.

Contact your authorized Volkswagen dealer or authorized Volkswagen Service Facility or call the Volkswagen Customer CARE Center at 1-800-822-8987 for information about possible modifications to your vehicle.
For your own safety and to reduce injuries in the event of sudden braking maneuvers or accidents, Volkswagen recommends the following seating positions:

**Applies to all vehicle occupants:**

- Adjust head restraints so that the upper edge of the head restraint is at least at eye level or higher. Position the back of your head as close as possible to the head restraint ⇒ fig. 40 and ⇒ fig. 41.
- Push the head restraint completely down for short people, even if the top of the head is then below the upper edge of the head restraint.
- Tall people should pull the head restraint all the way up.
- Adjust the seat backrest angle to an upright position so that your back is in full contact with it when the vehicle is moving.
- Always keep both feet on the floor and in the footwell whenever the vehicle is moving.
- Always adjust and fasten safety belts properly, Safety belts.

**Driver - seat and steering wheel adjustment:**

- Adjust the steering wheel so that there are at least 10 inches (25 cm) between the steering wheel and your breast bone ⇒ fig. 40. When adjusting the proper distance to the steering wheel, grasp the top of the steering wheel with your elbows slightly bent.
- Always hold the steering wheel on the outside of the steering wheel rim with your hands at the 9 o'clock and 3 o'clock positions to help reduce the risk of personal injury if the driver's airbag inflates.
- Never hold the steering wheel at the 12 o'clock position or with your hands at other places inside the steering wheel rim or on the steering wheel hub. Holding the steering wheel the wrong way can cause serious injuries to the hands, arms, and head if the driver’s airbag inflates.
- Adjust the steering wheel so that the steering wheel cover points at your chest and not at your face. Pointing the steering wheel toward your face decreases the ability of the driver's airbag to help protect you in a collision.
- Adjust the driver's seat so that you can easily push the pedals all the way to the floor while keeping your knee(s) slightly bent. The distance to the instrument panel in the knee area must be at least 4 inches (10 cm).
- Adjust the seat height so that the top point of the steering wheel can be reached.
- Always keep both feet in the footwell so that you are in control of the vehicle at all times.

**Passenger - front seat adjustment:**

- Push the passenger seat as far back as possible in order to ensure optimum protection if the airbag is deployed.

**Electrical controls on the driver and front passenger seats**

![Electrical controls on the driver and front passenger seats](image)

*Fig. 43 On the front seats: Controls to adjust the seat backward and forward, adjust seat cushion height and angle, and backrest angle (if equipped).*
Please first read and note the introductory information and heed the WARNINGS ⚠️. There may be manual and electrical controls on the same seat.

**fig. 43** Press the switch in the direction of the arrow or in the area shown.

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<tr>
<td>(1)</td>
<td>(A)</td>
<td>Slide the seat backward or forward.</td>
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<td></td>
<td>(B) and (C)</td>
<td>Raise or lower the seat cushion.</td>
</tr>
<tr>
<td></td>
<td>(B) or (C)</td>
<td>Adjust seat cushion angle.</td>
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<tr>
<td>(2)</td>
<td>(D)</td>
<td>Adjust backrest angle.</td>
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**fig. 44** Press the switch for each area:

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<tr>
<td>(1) or (2)</td>
<td>Adjust lumbar support.</td>
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<tr>
<td>(3) or (4)</td>
<td>Adjust lumbar support height.</td>
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⚠️ **WARNING**

Improper use of electrical seat controls can cause serious personal injuries.
- The front seats in your vehicle can be electrically adjusted even when the vehicle key has been removed from the ignition or, on a vehicle with Keyless Access, even if there is no key in the vehicle.
- Never leave children and persons who need help in the vehicle alone because the unsupervised use of the electric seat adjustments can result in serious personal injury.
- Always make sure that no one is in the way while the front seats are being adjusted, or while calling up the stored memory settings for the front seats. In an emergency, stop automatic seat adjustment by pressing a seat adjustment switch.

⚠️ **NOTICE**

To help prevent damage to electrical parts in the seat, do not kneel on the front seats or apply concentrated pressure to a small area of the seat or backrest.
If the vehicle battery is too weak, the electrical seat adjustment controls may not work.

Starting the engine may stop seat adjustment.

When entering and exiting the vehicle, be careful not to come into contact with any switches that could change the seat adjustment.

Electrical Easy Entry

Please first read and note the introductory information and heed the WARNINGS. Your driver or passenger seat may be equipped with an electrical Easy Entry button that moves the front seat forward and back, making it easier to get in and out of the rear seat. For vehicles with manual seat adjustment, see page Error! Bookmark not defined. Manual controls on the driver and front passenger seats.

Moving the seat forward

- If necessary, open the safety belt loop and guide the belt by hand as it retracts.
- Pull up lever (A) and fold the backrest forward.
- Press the (B) button to move the seat forward electrically.

Moving the seat back

- Press the (C) button to move the seat back to its original position.
- Pull up lever (A) and fold the backrest back.

WARNING

Careless or unsupervised use of the Easy Entry can cause accidents and severe injuries.
- Never adjust the Easy Entry while driving.

For safety reasons, only use the electric Easy Entry button when the ignition is switched off.
Adjusting the front head restraints

Fig. 46 Adjusting the front head restraints.

Please first read and note the introductory information and heed the WARNINGS ⚠

All seats are equipped with head restraints. The front head restraints can be adjusted up and down. The head restraints on the rear bench seat are not adjustable.

There are notches in the head restraint guide rods so that the head restraint can lock into place. Only properly installed head restraints can lock into place at the adjustment range notches. In order to prevent inadvertent removal of the head restraints after installation, there are stops at the top and bottom of the adjustment range.

Adjusting the height
- Pull the head restraint up in the direction of the arrow, or push it down while pressing the button ⇒ fig. 46 (1) ⇒.
- The head restraint must lock securely in the position selected.

Proper head restraint adjustment
Adjust head restraints so that the upper edge of the head restraint is at least at eye level or higher. Position the back of the head as close as possible to the head restraint.

Adjusting the head restraint for short people
Push the head restraint down as far as it will go, even if this means the person's head is still below the top edge of the head restraint. A small gap may remain between the head restraint and the backrest when the head restraint is all the way down.

Adjusting the head restraint for tall people
Pull the head restraint up as far as it will go.
WARNING
Driving without head restraints or with improperly adjusted head restraints increases the risk of serious injuries in a collision.
- Always drive with the head restraints in place and properly adjusted to help minimize the risk of neck injury in a crash.
- The driver and front passenger must have a properly adjusted head restraint to minimize the risk of neck injury in a crash. Each head restraint must be adjusted according to the occupants' size so that the upper edge is even with the top of the person's head, but no lower than eye level. Always sit so that the back of your head is as close as possible to the head restraint.
- Never adjust head restraint while driving.

Removing and reinstalling the front head restraints

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Please first read and note the introductory information and heed the WARNINGS.

All seats are equipped with head restraints. The head restraints on the rear bench seat are not removable.

Removing the front head restraints

- Sit in the back seat behind the head restraint you want to remove. Pull the head restraint all the way up ⇒ in Adjusting the front head restraints. Recline the backrest with the head restraint so that there is enough overhead clearance to remove it.
- Slide a flat object, such as a plastic credit card, underneath the right side of the cap on the right-hand seat guide rod ⇒ fig. 47 (2) to unlock the head restraint.
- Push the flat object (plastic card) in against the guide rod to depress a release button located under the cap (not visible).
- Use one hand to hold the release button in with the flat object. With your other hand, lift the same guide rod slightly to expose a notch in the rod at the bottom (can be seen and felt with fingers). The right-hand guide rod is now released.
- To release the left-hand guide rod, press button (1) in (towards guide rod) and hold.
- Pull the head restraint out completely while holding button (1).
Installing the front head restraints

- Position head restraint properly over the head restraint guides of the respective seat backrest and insert the head restraint into the guides.
- Push the head restraint down while pressing button \(1\).
- Move the seat backrest into an upright position if necessary.
- Adjust the head restraint according to the occupant's size, *Adjusting the front head restraints*.

**WARNING**

Driving without head restraints or with improperly adjusted head restraints increases the risk of serious injuries in a collision.
- Always drive with the head restraints in place and properly adjusted to help minimize the risk of neck injury in a crash.
- Always reinstall head restraints as soon as possible so that vehicle occupants are properly protected.

**NOTICE**

When removing or reinstalling the head restraint, take care that the head restraint does not strike the headliner or other parts of the vehicle. The headliner or other parts of the vehicle could otherwise be damaged.

### Adjusting the steering wheel position

![Fig. 48 Manual adjustment for the steering wheel position.](image)

*Please first read and note the introductory information and heed the WARNINGS.*

Adjust the steering wheel only when the vehicle is not moving.

- Push down on the lever ⇒ fig. 48 (1).
- Adjust the steering wheel so that it can be held with hands at the 9 o'clock and 3 o'clock positions on the outside of the steering wheel rim and with the arms slightly bent at the elbow.
- Pull the lever up firmly until it is flush with the steering column ⇒ !important.
WARNING

Improper use of the steering column adjustment feature can result in serious personal injury and even death.

- Always pull the lever (1) firmly upward after adjusting the steering column so that the steering wheel does not change position suddenly while the vehicle is moving.
- Never adjust the steering column while the vehicle is moving. If you find that you need to adjust the steering wheel while driving, stop the vehicle in a safe place and make the proper adjustment.
- Never adjust the steering wheel so that it points toward your face. Always make sure that the steering wheel points toward your chest. Otherwise, the airbag system cannot protect you properly in the event of a crash.
- Always hold the steering wheel on the outside of the steering wheel rim with your hands at the 9 o’clock and 3 o’clock positions to help reduce the risk of serious personal injury if the driver’s airbag inflates.
- Never hold the steering wheel at the 12 o’clock position or with your hands anywhere inside the steering wheel or on the steering wheel hub. Holding the steering wheel the wrong way increases the risk of severe injury to the arms, hands, and head if the driver airbag deploys.

Center armrest

Adjusting the front center armrest

There is a storage compartment in the front center armrest, Storage compartment in the front center armrest.

To raise the center armrest, pull the armrest and latch upward in the direction of the arrow ⇒ fig. 49 (1).

To lower the center armrest, first lift it all the way up. Then you can push the center armrest down until it latches in place.

To move the center armrest forwards and backwards, pull it forward in the direction of the arrow (2) or slide it backward until it clicks into place.
WARNING

The center armrest can restrict the driver's arm movement and cause crashes and serious personal injury.

- Always keep storage compartments in the center armrest closed while driving.
- Never let a passenger, especially a child, ride on the center armrest. Improper seating position can increase the risk of serious personal injury in a crash.