

# Seat Belt Guide Installation Instructions

222-188

Thank you for purchasing this Seat Belt Guide. It is designed to fit approximately 1970 and later BMC vehicles (MGs, Triumphs, Jaguars, etc.) that have the single-post head rest design.

***Safety Fast! Please read these instructions!***

## **1. Regular Installation:**

The headrest is designed to pull out.\*

Work yours up and down, and then pull it up and all the way out in one motion.

The Seat Belt Guide snugly slides onto the headrest stem (face the guide outboard, of course).

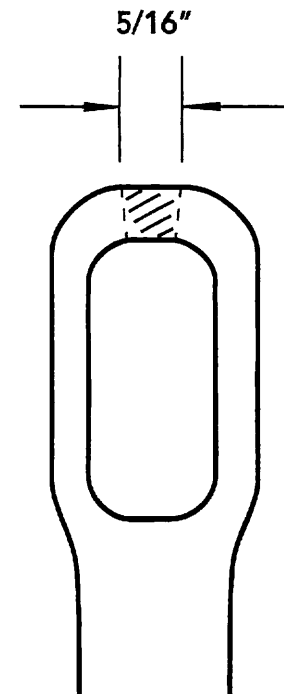
Replace your headrest and insert your seat belt.

## **2. "Snap-on" Installation:**

(This is recommended for head rests that are frozen. You must have at least an 1.25 inches of exposed post on your head rest for this to work).

Place the Guide in a vice, and with a sharp hacksaw or fine-tooth wood saw cut and remove a segment of the Guide as shown in the sketch below. Once this is done, the Guide may be forced over the head rest post from the side.

**Note!** It is our opinion that this improves the position of the shoulder strap and thereby the safety of the occupant. However, we cannot substantiate the effectiveness of this product as a safety device without dummy crash testing which is prohibitively expensive. Thus, we do not make any definitive claims about safety or assume any liability for the use of this product..



\*After years of non-use, however, yours may be stubborn or stuck. If yours is stubborn try this:

Slide your seat as far forward as it will go, so you have room to stand behind your seat (crouch for a GT).

Grasp the headrest on either side of the stem, and pull up with both hands to get the headrest moving.

Work it up and down a few times, then you should be able to pull it up and out all at once.

Note: there is a small flat spring at the bottom of the headrest stem, designed to prevent the headrest from coming out by accident. This feels like a hard stop, and requires a substantial extra tug to override and get the headrest completely detached.