Seat belts save over 13,000 lives every year. The top 3 things you should know about buckling up.

1 Buckling up is the single most effective thing you can do to protect yourself in a crash.
In 2008, seat belts saved more than 13,000 lives nationwide. From 2004 to 2008, seat belts saved over 75,000 lives — enough people to fill a large sports arena. During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are the best defense against impaired, aggressive, and distracted drivers.

2 Air bags are designed to work with seat belts, not replace them.
In fact, if you don’t wear your seat belt, you could be thrown into a rapidly opening frontal air bag; a movement of such force could injure or even kill you. See www.safercar.gov for more on air bag safety.

3 How to buckle up safely:
Follow the guidelines shown in the photo below. As you can see, the lap belt and shoulder belt are secured across the pelvis and rib cage, which are more able to withstand crash forces than other parts of your body.

According to research conducted by seatcheck.org, 7 out of 10 children are not properly restrained in a vehicle.

Some common misuses include:

- Not using the right child safety seats for a child’s size and age; Not placing the child safety seat in the correct direction;
- Incorrect installation of the child safety seat in relation to the vehicle’s air bags;
- Incorrect installation and tightness of the child safety seat to the vehicle seat; or securing or tightening the child safety seat’s harness and crotch straps;
- Improper use of locking clips for certain vehicle safety belts;
- Not making sure the vehicle’s seat belts fit properly across the child when using a booster seat; and
- Using a defective or broken child safety seat.

For more information on seatbelt laws and usage visit: http://www.gahighwaysafety.org/ or http://www.nhtsa.gov/

Risk Management 639-5249
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