Seat Belts Save Lives

Seat belts are designed to distribute the forces of a crash so that the strongest areas of your body absorb them. Seat belts keep you in place during a crash so you are less likely to strike the vehicle’s interior. They also prevent you and other occupants from being thrown into each other or ejected from the vehicle.

Tips on the correct way to wear a seat belt:

- When you buckle up, adjust your lap belt or lap portion of the lap/shoulder belt combination so it is snug and low across the hips and pelvis.
- The shoulder belt should cross the chest and collarbone and be snug.

Dangerous and incorrect ways to wear a seat belt:

- The belt should never cross the front of the neck or face.
- Never wear the belt across your stomach.
- Do not add excessive slack (more than one inch) into the shoulder belt.
- Do not place the shoulder belt behind your back or wear the belt under your arm.

Seat Belts and Pregnancy. Studies show that pregnant women should wear seat belts. The main risk to the baby is injury or death of its mother and motor vehicle crashes are a leading killer of women in their childbearing years. Injuries and death to the baby are closely related to injuries to its mother and mothers who wear seat belts sustain fewer injuries reducing the risk to the unborn baby.

Seat Belts and Air Bags. Air bags were designed to provide supplemental protection in front end collisions, but offer little or no protections in other types of crashes. For maximum safety, lap and shoulder belts should always be used. Be sure that your seating position allows at least twelve inches of space between you and the air bag compartment, since the air bag needs approximately eleven inches to deploy.

Seat Belts and Children. Seatbelts do not provide adequate protection for infants and small children. They need the protection of a child safety seat designed for their body size.