

Wearing a safety belt right is easy!

Wearing a safety belt can keep you out of the hospital.



Correct way to wear your safety belt.

- ✓ Adjust the lap belt to fit low and tight across your hips/pelvis, not your stomach area.
- ✓ Place the shoulder belt snugly across your chest, away from your neck.

Never place the shoulder belt behind your back or under your arm.



Wrong way to wear your safety belt.

If you wear a safety belt every time you get into a vehicle, you are more likely to

- **Get to where you are going on time.**
 - ✓ Wearing a safety belt is not just a good idea, it is the law.
- **Hold onto your hard-earned cash.**
 - ✓ Safety belt tickets can mean large fines and, in many places, extra fees on your motor vehicle insurance and your license.
- **Prevent disabling injuries and scarring.**
 - ✓ Every 15 seconds, someone is injured in a traffic crash. If you are not wearing your safety belt, you could be thrown through a window, sent skidding along the pavement, or be crushed under a vehicle in a crash.
- **Live.**
 - ✓ Someone is killed in a crash every 13 minutes. However, safety belts save over 11,000 lives each year, and they can help you maintain control of your car in a crash.

Always wear your safety belt correctly.

- ✓ Adjust the lap belt to fit low and tight across your hips/pelvis, not your stomach area.
 - ✓ Place the shoulder belt snugly across your chest, away from your neck.
- Never place the shoulder belt behind your back or under your arm.

"An 18-year-old male was driving late at night when he lost control of his car. He was not wearing his safety belt and as a result was thrown from the car, only to have it roll over him. When he arrived to our trauma center he was barely still alive. Our entire team worked for nearly an hour to regain any sign of life, but his injuries were too severe. His family was devastated and when they came to realize that a simple safety belt would have very likely kept their son alive, they had an extremely difficult time understanding why their son did not wear one. One small 'click' can make all the difference in your life."

- Frederico E. Vaca, MD, Assistant Professor of Emergency Medicine, University of California, Irvine

So, wear your safety belt on every trip. Every time. Every one. It is the law!

Not convinced by State law? Consider the laws of physics:

- ☀ If you crash or slam on your brakes, your car comes to a sudden stop. But you will keep moving until you, too, are stopped—by the windshield, dashboard or pavement.
- ☀ Wearing a safety belt stops your body from being thrown around inside or outside the car. A safety belt decreases the chances you will get hurt by keeping you firmly in place.

Wear your safety belt on every trip. EVERY TIME! EVERY ONE! It is the LAW.

HOW DO YOU WANT TO STOP?

During a car crash:

- ✓ If you crash or slam on your brakes, your car comes to a sudden stop. But you will keep moving until you, too, are stopped—by the windshield, dashboard or pavement.
- ✓ Wearing a safety belt stops your body from being thrown around inside or outside the car. A safety belt decreases the chances you will get hurt by keeping you firmly in place.



Is my air bag enough protection?

Air bags are designed to be used with safety belts. By themselves, they are only 12% effective at reducing deaths.

Have air bags? Always wear your safety belt for these reasons:

- ☀ In most vehicles, air bags are only in the front, and inflate only in frontal crashes. In rear or side crashes and rollovers, the safety belt can save you from serious injury or death.
- ☀ Air bags inflate rapidly in a crash. If you are not wearing your safety belt, you could be thrown too close to the air bag and seriously injured or even killed.
- ☀ Air bags are more effective when you are wearing your safety belt and seated at least 10" away, and when children under 12 are properly restrained in the back seat.

Air bags are designed to be used with safety belts. By themselves, they are only 12% effective at reducing deaths.



Beth Israel Deaconess Medical Center



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Take Care. WEAR YOUR SAFETY BELT, EVERY TIME! EVERY RIDE! EVERY ONE!

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EVERY TIME!
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EVERY ONE!**

