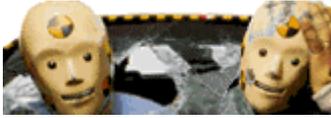


Seat Belt Usage



Trivia Question: Who invented the modern 3-point automotive seat belt?

For years, we've all been told to "Buckle Up." And, now, you're probably thinking, "Oh, bother! Another stupid reminder to buckle up. I've driven for all these years and haven't been killed yet..., and I'm a safe driver..., and, besides, seat belts are such a nuisance ..."

HOW SEAT BELTS STOP YOU IN A CRASH. Have you ever wondered what happens inside a car when it crashes? In each car crash there are actually three collisions:

1. The Car's Collision.
2. The Human Collision.
3. The Human Body's Collision.

Pick-Up Meets Back-Hoe Bucket:
Seat Belts Save Lives!



One-tenth of a second after impact the motor vehicle crashes to a stop, then the unbelted occupant slams into the car's interior. Immediately after the unbelted occupant stops moving, his internal organs collide with other organs and skeletal systems. To allow the occupant to come to a more gradual stop, all the stopping distance must be used. Holding you in your seat with a safety belt allows you to stop as the car is stopping, thereby enabling you to "ride-down" the crash.

During a crash, safety belts distribute the forces of rapid deceleration over larger and stronger parts of the body, such as the

chest, hips, and shoulders. Additionally, the safety belt actually stretches slightly to slow down and to increase your stopping distance.

Driving too fast on a gravel road and wrapped car around a telephone post: six broken ribs, five broken vertebrae, a badly sprained ankle, a REALLY cut up tongue, stitches in elbow, chest tubes in each lung, and various other things. Seat Belts Save Lives!



The head, face, and chest are also less likely to strike the steering wheel, windshield, dashboard, or the car's interior frame.

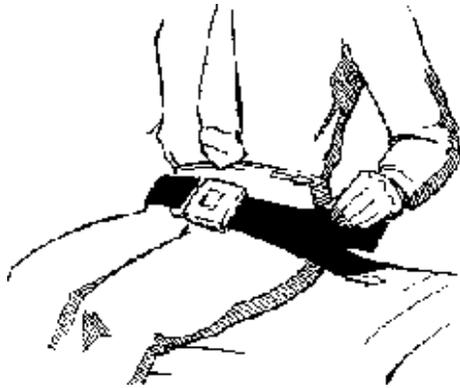
People wearing safety belts are not thrown into another person or ejected from the vehicle.

Also, the safety belt helps belted drivers maintain control of the car by keeping them in the driver's seat. This increases the chance of preventing a second crash.

WHAT'S THE RIGHT WAY TO WEAR YOUR SAFETY BELT?

There is a right way and a wrong way to do most everything in life, and seat belt usage is no exception. Correctly worn, seat belts can protect you in a crash; incorrectly worn, and they can actually cause injuries.

Correct: The lap belt or lap portion of the lap/shoulder belt should be adjusted so it is low and snug across the pelvis/lap area; NEVER ACROSS THE STOMACH.



Lap Belt Only



Lap and Shoulder Belt

If a seatbelt is strapped across the stomach the belt itself could cause internal damage in a crash.

Correct: The shoulder belt should cross the chest and collarbone and be snug.



Incorrect: The shoulder belt should never be placed behind your back or under your arm.

Furthermore, on some vehicles the lap belt and shoulder belt are connected individually. In these vehicles, some people will connect the shoulder belt, but not the lap belt. This is a potentially fatal mistake! In a crash, your hips will tend to slide forward, and you will try to slide out from under the shoulder belt - until your chin catches on the belt. The result?? You could lose your head ... literally.

SEAT BELTS AND AIRBAGS WORK BEST TOGETHER.

Airbags were never designed to replace seat belts. That is why an airbag is called a 'supplemental restraint.' When the airbag deploys, the seat belt helps protect the occupant by providing body support and preventing occupant ejection. The airbag creates a cushion between the occupant and the steering wheel, dashboard, windshield, or other surfaces. Airbags are designed to protect the head, neck, and chest.

The NHTSA urges drivers to put 10 inches between their breastbone and the steering wheel to prevent injury from airbag deployment. The risk zone for drivers occurs during the first two to three inches of airbag inflation; 10 inches is a good safety margin.

THINK YOU DON'T HAVE AN IMPACT?

Your seat belt usage directly affects the children who ride with you. Don't believe it? Check out this report:

<http://www.nsc.org/partners/staterssch.htm>.

Car lost control, went off road into ditch, ramped out of ditch into a tree, then rolled a few times. The driver was not wearing his seatbelt and was thrown from the car at impact with the tree. The passenger, wearing his seatbelt, was pinned inside of the car. The driver was paralyzed from the chest down; passenger fractured 5 vertebrae, broke 2 ribs, and suffered bruising on the brain. Seat Belts Save Lives!



Lost control of truck, rolled 3 times. Seat Belts Save Lives!



And, consider, traffic crashes are the leading cause of death to children in America. And each year in the U.S., approximately 1,800 children ages 14 and under are killed as occupants in motor vehicles and more than 280,000 are injured.

Furthermore, motor vehicle crashes are the leading cause of death for 15 to 20 year olds in the United States.

Although there are many reasons for this statistic, one main reason is that they use seat belts less frequently than adults. Click here for that report:

<http://www.nhtsa.dot.gov/people/injury/airbags/buckleplan/buasbteens03/index.htm>

Children require special care and attention when using seat belts - they're not merely a smaller version of an adult:

For Small Children or those 12 and Younger: Every child riding in a car belongs in the back seat, properly belted, boosted, or seated in a child-safety seat. Make sure you have the proper device for your child's size, then put them in back - preferably in the center position.

Van was hit in side: suffered bloody nose and some knee injuries. Seat Belts Save Lives!



For Infants: All infants **MUST** face the rear of the car. To protect their still-developing bodies, place your infants in a rear-facing seat in the back. **NEVER** place a rear-facing seat in the front passenger side

of a vehicle equipped with dual frontal airbags. There is but one exception: some vehicles have a turn-off switch that disables the bag, mostly two-seaters and trucks. Make sure to activate the off switch and buckle in properly. And don't forget to re-activate the passenger airbag after the infant is removed.

If you wear a seat belt every time you get into a vehicle, you're more likely to:

✔ Get to where you're going on time.

Wearing a seat belt isn't just a good idea, it's the law, and many States are conducting heightened enforcement of their seat belt laws.

✔ Hold onto your hard-earned cash.

Seat belt tickets can mean hefty fines and, in some places, points on your license.

✔ Prevent disabling injuries and scarring.

Every 15 seconds, someone is injured in a traffic crash. If you're not buckled up, you could be thrown through a window, sent skidding along the pavement, or be crushed under a vehicle in a crash.

✔ Live.

Seat belts save 1,000s of lives each year, and they can help you maintain control of your car in a crash.

This car failed to yield at an intersection and was struck by another: broken nose and arm. Seat Belts Save Lives!



Facts:

- Three of five people killed in vehicle accidents would have survived their injuries had they been wearing their seat belts. (Source: National Highway Traffic Safety Administration)
- Every 12 seconds, someone is killed in a traffic accident. (Source: NHTSA)
- On average, seven children age 14 and under are killed in traffic accidents each day. (Source: NHTSA)
- Seat belts save an estimated 9,500 lives in the United States each year. (Source: NHTSA)

Still need convincing to wear your seat belt?? Okay, here's a video clip. This clip was taken by a camera placed in some commercial vehicles so the owners can monitor how their drivers are behaving on the road. The video looks horrible. Click on the following link, when the Explorer window comes up, click on "No Seatbelt.avi":

<http://www.motorminute.com/Audio/noseatbelt.htm>

Note: The web page linked to above speculates the driver probably was killed in the accident. However, the driver did survive. To get an update on the fate of the driver, scroll down to the bottom of the web page and click on the link there.

Trivia Answer: The modern three-point automotive seat belt was the brainchild of Swedish aircraft engineer Nils Ivar Bohlin, who, ironically, spent the early years of his career designing aircraft ejector seats. Nevertheless, Bohlin's invention - a three-point combination lap and

diagonal belt positioned across the pelvis and rib cage - has saved thousands of lives since its introduction in 1959.

So, buckle up on every trip. Every time.

Remember, Safety is Cool!

