PUT A STOP TO UNNECESSARY AUTO INJURIES

Use seat belts every time you ride in the car

Regardless of whether you are the driver or a passenger, always wear a seat belt. Be sure children and teens are also properly restrained.

FACTS:

• In 2016, seat belt use saved an estimated 14,668 lives (U.S. Department of Transportation)

• An additional 2,456 lives could have been saved if unrestrained passengers had worn seat belts (U.S. Department of Transportation, 2016)

• Buckling up is the single most effective thing you can do to protect yourself in a crash

THINGS TO KEEP IN MIND:

• Lap/shoulder seat belts have been shown to reduce the risk of fatal injuries to front seat passengers by 45% (U.S. Department of Transportation, 2016)

• Be sure your seat belt is properly adjusted: the lap belt should be snug across your hips and the shoulder belt diagonally across your chest; don’t wear the shoulder belt under your arm

• Protect your passengers – don’t drive until everyone in the vehicle is buckled up correctly

Buckle up each time, every time!

For more information, visit nsc.org

Eliminating Preventable Deaths™

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