

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

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