

## Bodies in Motion Stay in Motion

This simple scientific principle explains how seat belts and other safety devices in cars protect lives. If an object, like another car or a telephone pole, stops your car's forward motion, your body will stay in motion at the same speed you were traveling. That is, it will stay in motion until it hits an object that can stop it — such as the dashboard, the windshield, or a tree. A seat belt or child safety seat locks you in place. The object that your body hits is the webbing of the belt, firmly buckled across your chest and hips.



## History Lessons

Automobile safety has come a long way in recent decades. Auto manufacturers were first required to include seat belts in 1966. As a result, there was a 33% decrease in motor vehicle crash deaths.

Since 1984, when the first mandatory seat belt usage law was passed, deaths in car crashes have decreased by 46%.

## Newsflash

In 2005, seat belts, air bags, and child safety seats saved over 11,000 lives in the United States alone. Great news!

The bad news? Nearly 10,000 more lives could have been saved if all passenger vehicle occupants had buckled up.



Buckling up everytime you ride in a car could save 10,000 lives and over \$14 billion every year!

The National Safe Kids Campaign  
[www.safekids.org](http://www.safekids.org)

National Highway Traffic Safety Administration  
[www.nhtsa.gov](http://www.nhtsa.gov)

The **click** Does The Trick!  
Seat Belts Save Lives!

# Highway Safety

The **click**  
Does The Trick





## A Stubborn Problem

We know that seat belts, used properly, are effective. Still, 30% of American motorists and passengers choose not to buckle up. Forty-nine states and the District of Columbia require seat belts for teens and adults. Every state requires safety seats or belts for children. This is the one life-saving step that should be at the top of your safety list. Still, some choose not to take this one, simple, life-saving step.

## Hey, It's a Free Country, Right?

Yes and no.

Americans who don't wear seat belts cost the country about \$14.3 billion each year. That's hardly free.

70% of those preventable costs are paid when you pay your insurance and tax bills. How much is the freedom to die comfortably costing you?

## Look After Little Ones

When a driver wears his or her seat belt, 87% of the time he buckles up the children too.

You're asking yourself: *Why not 100% of the time, right?*

**Traffic crashes are the top kid killer.**

Children everywhere are required by law to be restrained in a safety seat or seat belt, depending on their ages and sizes. In most parts of the country, these rules apply:

- Kids who weigh 20 pounds or less and are under 1 year of age need a rear-facing child safety seat.
- Kids who weigh 20-40 pounds and are 1-4 years of age need a child safety seat that may face the front of the car.
- Kids who are at least 40 pounds and 4 years old must be buckled in a standard seat belt. A few states (more and more all of the time) require that children in this group who aren't big enough to fit adult-sized shoulder belts sit in belt-positioning booster seats.

And always, always — **Kids are safest in the back seat!**



## A Bunch of Hot Air?

Only your seat belt or properly installed and fastened child safety seat keeps you securely in place during a crash. In a head-on collision, you may need extra protection. Most newer cars are equipped with dual front air bags for head-on crashes. (Some cars offer optional side-collision bags, as well.)

Your seat belt breaks your forward motion safely. The air bag cushions the impact if a front-end crash brings the dashboard "up close and personal." Air bags alone do not keep you safe!

**Add an air bag to your seat belt use and you double your protection.**



Air bags are life-savers for adults who are wearing seat belts.

**Children should ride in the back (even though they're in a child safety seat).** The great force and speed of air bags can kill children in the front seat. **Never place a rear-facing child safety seat in front of an air bag.**

## Do Yourself a Favor

You owe it to yourself and your kids to use seat belts and child safety seats.

**Buckle up every person for every trip!**

Seat belts cut the risk of death and serious injury almost in half!

## The **click** Does The Trick

Add this 10-second habit to your driving routine to save lives. Before you turn that key:

1. Grasp the metal seat belt tab.
2. Pull the seat belt across your body, low over your hips and flat across your chest.
3. Insert the tab into the fixed seat belt buckle.
4. When you hear the **click** you are in the clear.
5. Check to see that your passengers are belted, too.

Turn that key, and away you go!

**HAPPY MOTORING!**



**Quick Easy!  
The Law!**

**The **click**  
Does The Trick**