



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Seatbelt Basics



One out of three people will be involved in a serious car crash during their lives. Wearing your safety belt is the best protection.

Safety belts:

- Distribute the impact of a crash over the stronger parts of your body
- Keep you in your seat and inside the car,
- Let you keep control of the car
- Work together with air bags to provide the best protection

How many of these myths do you still believe in?

"Safety belts are not needed when traveling at low speeds or when going on a short trip." - The truth is that eighty percent of all car crashes occur at speeds less than 40 miles per hour. Three out of four crashes causing death occur within 25 miles from home. The short trip to the grocery store, or to take children to ball practice or dance lessons is the type of trip that is the most dangerous if safety belts are not worn!

"My clothes get wrinkled when I wear a safety belt." - Sometimes safety belts might wrinkle clothes, but sitting also wrinkles clothes. Wearing clothes wrinkles clothes. Flying through a windshield, however, really wrinkles clothes.

"I'm strong and I could brace myself or hold on to a child on my lap if a crash occurred." - At 35 miles per hour, the force of impact on you and your passengers is brutal. There is no way that your arms and legs can brace you against that kind of collision, even if you were able to prepare for it. Furthermore, holding on to a child on your lap is like holding on to a speeding bullet: impossible. The force of impact at just 10 miles per hour is equivalent to the force of catching a 200 pound bag of cement from a first story window.

"If I wear a safety belt, I might be trapped in a burning or submerged car!" - Less than one-half of one percent of all injury producing collisions involve fire or submersion. However, if fire or submersion does occur, wearing a safety belt can save your life. If

you are involved in a crash without your safety belt, you might be stunned or knocked unconscious by striking the interior of the car. This can significantly reduce your chances of escaping from a burning or submerged car. You are better off wearing a safety belt at all times in an automobile. With safety belts, you are more likely to be unhurt, alert and capable of escaping quickly.

"It takes too much time and trouble to fasten my safety belt." - In reality, fastening your safety belt may take some time and trouble, but not too much.. It all depends on:

- The complexity of your safety belt,
- How well you know how to use your safety belt, and
- How difficult it is to find the safety belt.
- The average time it takes to fasten a safety belt is two seconds! Can you afford that much time - to live?

"It will never happen to me. I'm a good defensive driver. I don't need a safety belt because I will never be in a crash." - No matter how good a driver you are, you can't control the other car or other driver, especially if he or she is drunk or driving without enough sleep. On the average, everyone can expect to be in a crash once every 10 years. For one out of every 20 persons, it will be a serious crash. For one out of every 60 persons born today, it will be fatal. Your best protection is a safety belt.