



## 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](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### Seat Belts If The First One Doesn't Get You...



Contrary to popular opinion, people don't die in automobile crashes. They die from a separate event, one that is caused by the automobile crash. It is called "the human collision." This collision is a second crash that takes place (usually) inside the car, as the occupant hits the dashboard, windshield, or other interior car parts. And, just as the car crushes and breaks when it hits a tree, the human body crushes and breaks when it hits a steering wheel.

The problem is that when the car crashes, it stops. But the human body inside continues to move. It keeps going until it hits something that is harder than it is. This is where the injuries and deaths occur.

Nothing can prevent this second collision. The only thing that can be done is to reduce its severity. Fortunately, there is a device designed for just that purpose. ***It is called a seatbelt.***

The seatbelt gives the body something softer, more "friendly" to hit than the hard, unyielding surfaces of metal and plastic inside the car.

In a crash into a concrete bridge abutment, a car would suffer severe damage, but it would suffer a lot less if it hit a wooden fence. A person is hurt severely in a human collision against a dashboard (even a padded one), but they will remain relatively unharmed in a human collision against a nylon seatbelt.

What's the choice? Without the belt - skull fracture, facial lacerations and broken teeth, broken ribs and internal injuries and on and on, possibly death. With a belt and shoulder harness - some bruises, perhaps, but probably not very severe ones.

**Make your own choice. If the first one doesn't get you...**

## **Top 10 Reasons to Buckle Up**

1. My car doesn't have an ejection canopy.
2. Lying in a hospital for months is not my idea of a vacation.
3. Steering wheels don't make good pillows.
4. I never aspired to be a hood ornament.
5. A wheelchair is not my idea of a hot set of wheels.
6. I always wanted to fly, but not into a tree.
7. Tombstones are not the best way to get the last word.
8. I always hated statistics. The last thing I'd want is to be one.
9. I faint at the sight of blood, especially my own.
10. My family needs me.