



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

Wear Your Seatbelt



The figures are familiar: 40,000 people die each year in car accidents, the leading cause of death for people under the age of 35. Safety belts can prevent death in about half of these accidents. If you know this and are still not wearing a safety belt, you may need to ask yourself why not. But first, let's look at what happens when a car crashes.

The Human Collision

Imagine running as fast as you can - into a wall. You'd expect to get pretty banged up. Do you think you could stop yourself if the wall suddenly loomed up when you were two feet away from it? This is exactly the situation you face when the front of your car hits something at only 15 miles an hour. The car stops in the first tenth of a second, but you keep on at the same rate you were going in the car until something stops *you* - the steering wheel, dashboard or windshield - if you're not wearing your safety belt.. Bad enough at 15 miles an hour, but a 30 miles you hit "the wall" four times as hard as you would at 15. Or to put it another way, **with the same impact you'd feel as if you fell three stories**. (How many people would swan dive off a three story building onto a steering wheel and hope to escape unscathed....?) A properly worn safety belt keeps that second collision - the human collision - from happening.