



Short Safety Subject

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

Buckle Up - The Safe Way To Go !

Contrary to popular opinion, people do not 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 this: 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's called a seat belt.

The seat belt 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 he or she will remain relatively unharmed in a human collision against a nylon seat belt.

What's the choice? Without the belt: Skull fracture, facial lacerations and broken teeth, broken ribs and internal injuries ... and on and on; possible 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