



Seat Belts

Have you ever used any of the following arguments?

☞ I wear my seat belt on long trips, but it's too much of a hassle on short drives.

- Most motor vehicle crashes occur at speeds of 25 to 40 m.p.h.
- The majority of accidents take place within 25 miles of a driver's home or office.

☞ I heard it's better to be thrown from your vehicle in a serious crash.

- Aside from the sheer lunacy of deciding that it would be better to be catapulted through the windshield of a vehicle at 60 m.p.h., drivers who "exit" their vehicles during a crash are four times as likely to die, usually from having the vehicle roll over on them.

☞ It's uncomfortable.

- You'll get used to it, and won't even notice after a while.
- Broken bones, paralysis, traction, and surgery are all much more uncomfortable.

☞ A seat belt is a quick, easy, and inexpensive way to preserve your life.

- 14,000 people die each year because they were in motor vehicle crashes, and decided not to wear their seat belts.

Putting on your seat belt is probably the easiest and least expensive form of protection available to you. You have probably heard stories about people who died in their cars because they *were* wearing their seat belts and maybe you have been using this as an excuse to not to buckle up; but these cases are so rare that they are not even worth mentioning. Thousands more die because they are *not* wearing them. Seat belts do save lives!

Seat Belts Training Tips

- Ask the following questions:
 - How many of you wear seat belts? Why or why not?
 - Has anyone ever been in a situation where a seat belt has helped to prevent an injury, or save a life?
 - Who has been ticketed for not wearing a seat belt?