

What Everyone needs to know

- ◆ You are responsible for the safety of everyone in your car so make sure everyone buckles up—including yourself. If you are unbuckled during a crash, your own body can become a potentially lethal flying object. You could injure or kill the ones you love simply by not buckling up yourself.
- ◆ Because the majority of crashes occur close to home at speeds 45 miles per hour or less, wear your seatbelt habitually.
- ◆ All children under age 13 should be placed in the back seat. Infants should remain in a rear-facing position until they are over 12 months old AND 20 pounds at a minimum.
- ◆ Even after they outgrow their child safety seats, youngsters under 80 pounds and 58 inches generally need the extra protection that a booster seat provides.

The Facts

- ◆ 60% of children killed in crashes are not buckled.
- ◆ In one study, 25% of the children treated in an emergency room were injured not in crashes, but in swerves, stops, and turns in cars.
- ◆ When parents are not buckled, only 30% of children are secured in a seatbelt. When parents are buckled, children are buckled 94% of the time.

Myths and Excuses

- ◆ “I don’t wear safety belts anymore, now that my car is equipped with air bags.”
- ◆ “I might get trapped in a car fire.”
- ◆ “Wearing a safety belt wrinkles my clothes.”
- ◆ “I want to be thrown clear of my car to get out of harms way in the event of a crash.”
- ◆ “I’m a good driver - I’ll never have a crash.”
- ◆ “Seat belts are too uncomfortable.”



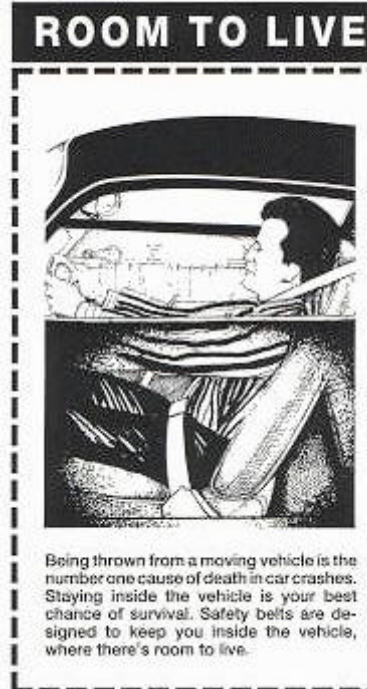
University of California Irvine Police Department

150 Public Services Building
Irvine, CA 92697-4900

Phone: 949-854-6397 (CSO Program)
Phone: 949-854-5223 (Dispatch)
Phone: 949-824-7181 (Crime Prevention)
Website: www.police.uci.edu



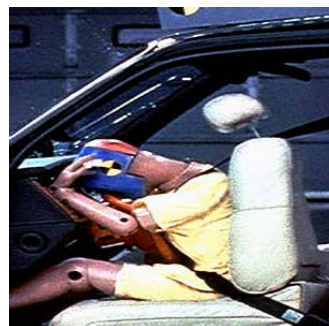
SEATBELT AND AIRBAG SAFETY



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Did you know...

- ◆ Traffic crashes are the *leading* national killer of people ages 1 to 42.
- ◆ Seat belts are the most effective safety devices in vehicles. They increase your chance of survival by 45%.
- ◆ An airbag is a supplemental system; *it is meant to work with a seat belt.*
- ◆ Without wearing a seatbelt, a 35 m.p.h. crash is the equivalent of falling from a third-story window.
- ◆ 60% of children killed in crashes are not buckled.



WEARING YOUR SEAT BELT RIGHT

Safety belts are designed to distribute the force of a crash over the strongest areas of your body – the bones of your hips, chest, and shoulders.

- ◆ Wear the lap belt low and snug across your hips.
- ◆ Keep lap and shoulder straps snug, sit back in the upright position, and never let the belt cross the front of the neck or face.
- ◆ Do not tuck the shoulder belt under your arm or behind your back.
- ◆ Lap/Shoulder belts are more effective than lap belts alone in preventing injuries. For cars that have an automatic shoulder strap when you enter the car, be sure to always use the lap belt in conjunction with this feature.



AIR BAGS

Air bags are designed to work together with your safety belt; they are a supplemental restraint system. Safety belts keep you in position during pre-crash braking or maneuvering so that you do not end up too close to the air bag when it deploys. Because air bags deploy at speeds faster than the blink of an eye, this force can injure or kill those



Don't be a bumper sticker

Traffic collisions are a major public health issue wasting millions of taxpayers \$\$\$.

Motor vehicle crashes drive up the cost of health benefits.