

And a Wrong Way



- **NEVER** place your shoulder belt under your arm. Increased risk of head, neck and spinal injury can result when no upper body restraint is provided
- Two passengers should **NEVER** share the same safety belt.

Georgia Traffic Injury Prevention Institute

SAFETY BELT USAGE GUIDE

In a car crash, lap and shoulder belts reduce the risk of fatal injury by 45% and serious injury by 50% — *but only if worn correctly.*

Child restraint systems for young children reduce death or serious injury by 69% — *but only when used correctly.*



THE UNIVERSITY OF GEORGIA
GEORGIA TRAFFIC INJURY PREVENTION INSTITUTE
www.ridesafegeorgia.org

Cooperative Extension Service
College of Family and Consumer Sciences
The University of Georgia

Steve Davis
Director

1-800-342-9819

Adapted with permission from
North Carolina Governor's Highway Safety Program

The Cooperative Extension Service, The University of Georgia College of Family and Consumer Sciences and College of Agricultural and Environmental Sciences offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability status.

CHFD-E 49

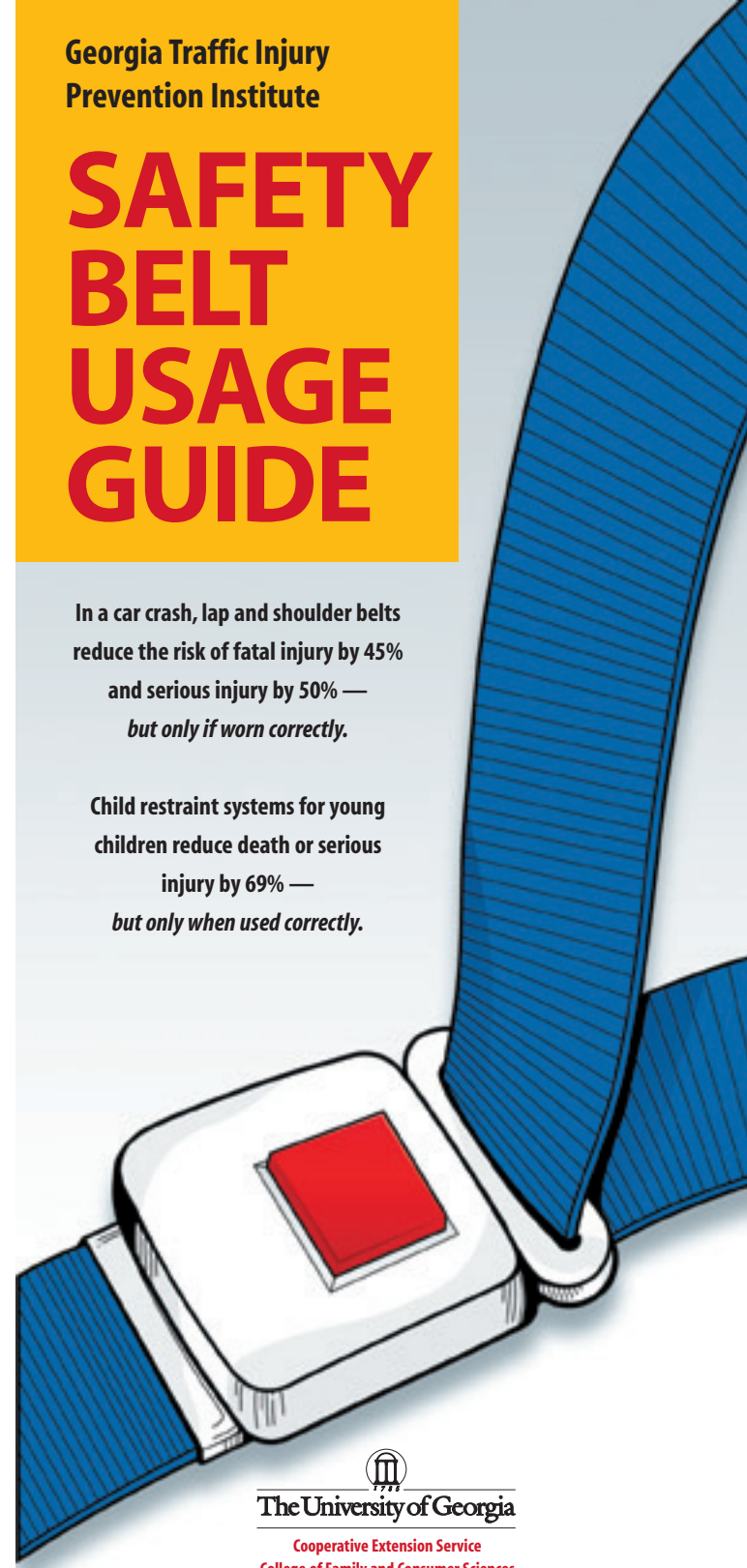
Rev. August 2003

AN EQUAL OPPORTUNITY EMPLOYER
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.

Gale A. Buchanan, Dean and Director

The costs of this publication are supported by a grant from the Georgia Governor's Office of Highway Safety.

Robert F. Dallas, Director




The University of Georgia
Cooperative Extension Service
College of Family and Consumer Sciences
In cooperation with
College of Agricultural & Environmental Sciences

There's a Right Way



- Lap/shoulder belts should be worn snugly against your thighs, over your collar bone and across the center of the chest.
- Correctly worn, lap/shoulder belts reduce the risk of internal injuries by distributing crash forces evenly across your whole body.

How to Know If The Vehicle's Safety Belt Fits Your Child

1. Does the child sit all the way back against the vehicle seat cushion?
2. Do the child's knees bend comfortably at the edge of the vehicle seat without slouching?
3. Does the belt cross the shoulder between the neck and arm?
4. Does the lap belt fit low and tight across the upper thighs?
5. Can the child ride seated like this for the whole trip?

Lap/shoulder belts **MUST** be used with a backless belt positioning booster. If a child's ears come above the top of the vehicle seat back, a high back booster should be used.

Belt Positioning Boosters

- Generally, children between 40 & 80 pounds should ride in belt positioning boosters. Refer to manufacturer's instructions for details concerning your seat.
- A belt positioning booster raises the child up so that the lap/shoulder belt is correctly positioned on his/her body.



Lap/shoulder belts **MUST** be used with high back belt positioning boosters.



NEVER place your shoulder belt behind your back.

During Pregnancy

The best way to protect a fetus is to restrain yourself. Pregnant women should wear lap/shoulder belts with the lap belt positioned below the fetus and the shoulder belt positioned above the fetus.

RIGHT



Sleeping in the Car

Safety belts don't work when you're lying down because the belts are not in the proper position to restrain you.

RIGHT

WRONG



Automatic Belts and Air Bags

Airbags do not offer full protection against head-on collisions, side impacts and rollovers. Therefore, lap/shoulder belts **MUST** be worn even in airbag equipped cars. Automatic shoulder belts and lap belts **MUST** be fastened for maximum protection.

Driver and front passenger seats should be moved as far back as practical, particularly for shorter statured people.

Buckle up! It's the Law.

