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.

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.

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?

**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 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.**

**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.

**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.

**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.**

**NEVER place your shoulder belt behind your back.**

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