



**KNOW SOMEONE
WHO DOESN'T WEAR
THEIR SEAT BELT?**

**YOU COULD
SAVE
THEIR LIFE.**

TENNESSEE HIGHWAY SAFETY OFFICE
helping you **ARRIVE**

TN Department of
Safety &
Homeland Security

SEAT BELTS SAVE OVER
12,000 LIVES EVERY YEAR.

ONE OF THEM COULD BE
YOURS...

BUCKLING UP IS THE SINGLE MOST EFFECTIVE THING YOU CAN DO TO PROTECT YOURSELF IN A CRASH.

In 2014 seat belts saved more than 12,800 lives nationwide. From 2010 to 2014, seat belts saved over 60,000 lives - enough people to fill a sports arena. During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are the best defense against impaired, aggressive, and distracted drivers.

AIR BAGS ARE DESIGNED TO WORK WITH SEAT BELTS, NOT REPLACE THEM.

In fact, if you don't wear your seat belt, you could be thrown into a rapidly opening frontal air bag; a movement of such force could injure or even kill you.

HOW TO BUCKLE UP SAFELY:

Place the shoulder belt across the middle of your chest and away from your neck. Adjust the lap belt across your hips below your stomach. **NEVER** put the shoulder belt behind your back or under your arm. The lap belt and shoulder belt are secured across the pelvis and rib cage, which are more able to withstand crash forces than other parts of your body.

FIT MATTERS.

Before you buy a new car, check to see that its seat belts are a good fit for you. Ask your dealer about seat belt adjusters, which can help you get the best fit. If you need a roomier belt, contact your vehicle manufacturer to obtain seat belt extenders. If you drive an older or classic car with lap belts only, check with your vehicle manufacturer about how to retrofit your car with today's safer lap/shoulder belts.