



Seat belts save more than  
13,000 lives every year.  
**One of them could be yours...**

## The top 5 things you should know about buckling up:

### 1 Buckling up is the single most effective thing you can do to protect yourself in a crash.

In 2015, seat belts saved an estimated 13,941 people from dying. From 2011 to 2015 seat belts saved nearly 64,000 lives—enough people to fill a large 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.

### 2 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. Visit [www.nhtsa.gov/airbags](http://www.nhtsa.gov/airbags) for more on [air bag safety](#).

### 3 Guidelines to buckle up safely

Follow the guidelines shown in the photo to the right. As you can see, the lap belt and shoulder belt are secured across the pelvis and rib cage, which can withstand crash forces better than other parts of your body.

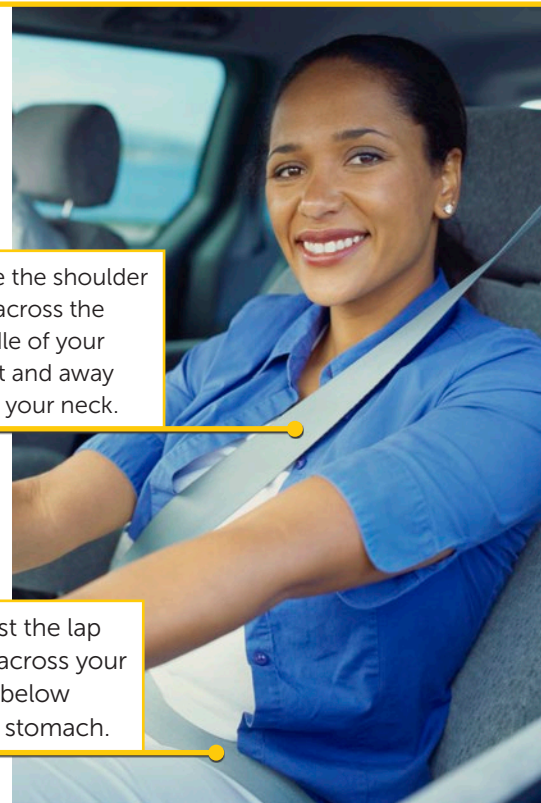
### 4 Fit matters

- 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.

### 5 Seat belt safety for children and pregnant women

Visit the National Highway Traffic Safety Administration website at [www.nhtsa.gov/seatbelts](http://www.nhtsa.gov/seatbelts) to find out [when your child is ready for an adult seat belt](#).

If you're expecting a little one, see NHTSA's [seat belt recommendations for pregnant women](#) at [www.nhtsa.gov/seatbelts](http://www.nhtsa.gov/seatbelts) to learn how important it is for you — and your unborn child — to buckle up the right way every trip, every time.



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 an arm.



U.S. Department of Transportation  
**National Highway Traffic Safety  
Administration**

[www.nhtsa.gov/seatbelts](http://www.nhtsa.gov/seatbelts)

