



How to Wear a Seat Belt

(For adults and children who are at least 8 years old.)

Lap Belt:

- Be sure the belt is snug. Slack allows room for movement before or during the crash, increasing the risk of spinal cord or head injury.
- Be sure the belt is flat. A twisted belt concentrates the stress on a small body area, increasing the likelihood of injury.
- Sit with your seat back upright. If the seat is reclined, you can slide under the belt, strike the dashboard or front seat and increase the possibility of abdominal injuries.
- Sit back deeply in the seat.

Shoulder Belt:

- Be sure the belt is snug. Too much slack could result in facial and chest injuries.
- Wear the belt over the shoulder, across the collarbone and diagonally across the chest.
- Do not wear the belt under the arm. The collarbone is strong enough to distribute the crash forces, but the ribs are likely to break and puncture the lungs, heart, liver or spleen that lie beneath them.
- Do not wear the belt in front of the face or neck.

Correct Use of Seat Belts

