Safety Isn't Luck—It's Buckling Up

Survivors of car crashes engage in behaviors that help assure they will survive. One of the most important actions everyone can do when they get into a car is to buckle up. Seat belts can't do their job unless they are used, and used properly.

- The lap belt should fit low and snug across the hips and the shoulder belt should ride across the chest and collar bone.
- The law does require that children younger than age 8 ride in an appropriate car seat or booster seat that is used according to the owner's manual, however, it is recommended that a child stay in a booster seat until 4'9" or until the seat belt fits the child correctly.
- The only thing that should be riding on your lap is your jacket. In a crash, anything that isn't secured to the vehicle, including an unbuckled passenger, is a flying object that may end up getting broken or worse, injuring occupants in the vehicle.

While a jacket or cell phone can be easily replaced, you are not replaceable. So, remember that being safe isn't about luck, it's about being smart.

For more information about how to buckle up properly, go to ClickIt.utah.gov.

