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HOME &  
COMMUNITY  
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The mission of the Utah Safety Council is to save lives by promoting safety and health through education, services, and products.

[UTAHSAFETYCOUNCIL.ORG](http://UTAHSAFETYCOUNCIL.ORG)

# The Truth about Seat Belts

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By what percent do seat belts reduce your risk of injury or death in a crash?

# The Facts

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- Seat belts reduce your risk of injury or death in a crash by about 50%.
- It's estimated that 100 Utahans are saved by seat belts each year.
- It's the law to buckle up in Utah, but at least 17% of Utahns still aren't doing it.

Maybe they believe in  
these myths...

# Myth

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I don't have to wear my seat belt because my car has air bags.



# Fact

- Air bags do not replace your seat belt; they are intended to work WITH your seat belt.
- Air bags deploy at approximately 200 miles per hour. If you're not properly belted, it could kill you.



# Myth

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I don't need to buckle up when I'm driving somewhere just a few minutes away or I'm not driving very fast.



# Fact

- 75% of all crashes occur within 25 miles of a person's home.
- 80% of deaths and injuries occur in vehicles traveling 40 mph or less.



# Myth

My seat belt will trap me in the car if it catches on fire or goes under water.



# Fact

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- Less than .05% of crashes involve fire or submersion, so your chances of that are highly unlikely.
- Your seat belt can help prevent you from being knocked unconscious increasing your chances to escape.

# Myth

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It is better for me to get thrown clear out of my car than to be in it when a crash occurs.



# Fact

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- You are four times more likely to die if thrown out of your car, either from traveling through the windshield, hitting the ground, or getting crushed by another vehicle.





# Myth

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I'm a really good driver. I don't need to wear my seat belt.



# Fact

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- You may be a good driver, but not everyone on the road is. Prepare for others' mistakes, and wear your seat belt.

# Myth

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I know someone who was killed because they wore their seat belt.





# Fact

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- They were not killed because they wore their seat belt; they were killed despite wearing their seat belt.
- Some crashes are so severe that wearing a seat belt may not save you, but it is still best to always wear it because those crashes are very rare.

# Myth

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I would rather die from not wearing my seat belt than live disabled or with injuries for the rest of my life.

# Fact

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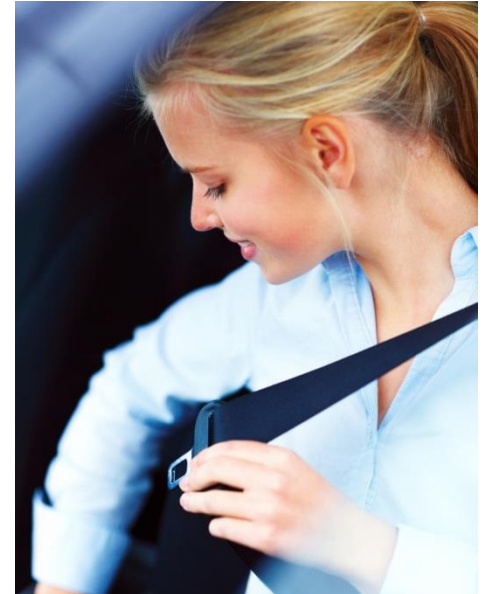
- This is a bad attitude to have because choosing to not wear a seat belt does not only affect you.
- You become a projectile and can kill others both in and out of the car by not wearing your seat belt.

# No Matter the Myth

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The truth is SEAT BELTS SAVE LIVES!!!

Always buckle up, and spread the message.



# For Additional Information

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