



Top 5 Safety Belt Myths: Busted

Myth	I'd rather be thrown clear in a crash.
Busted	Being thrown safely clear in a crash is almost impossible. When you're thrown, you may be thrown through the windshield, scraped along the pavement, or even crushed by your own vehicle or another one. Your best bet in a crash is to stay inside the vehicle, securely held by your safety belt.

Myth	I don't want to be trapped in a fire or underwater.
Busted	A fire or water submersion following a crash is an extremely rare occurrence. When they do occur, the greatest danger is actually with the impact that precedes the fire or submersion in water. Safety belts prevent injury during impact and can keep you conscious so that you can escape your vehicle.

Myth	Belts can hurt you in a crash.
Busted	Properly worn safety belts seldom cause injuries. A safety belt may cause surface bruises, but these are generally much less severe than would have been the case without a belt. Studies have consistently shown that injuries in most serious crashes would have been much more severe had safety belts not been worn.

Myth	Drivers in air bag-equipped vehicles don't need to wear safety belts.
Busted	Air bags provide supplemental protection in frontal crashes, but motorists can slide under them if they are not wearing a safety belt. In addition, air bags will not help in a side or rear impact or rollover crash. Motorists should wear a safety belt at all times in order to be protected in the event of any type of crash.

Myth	I'm not going far and I won't be going fast.
Busted	Most crash deaths occur within 25 miles of home and at speeds of less than 40 miles per hour. This emphasizes that everyday driving from just one neighbor's home to another, to school, to the store or just one farm to another poses the greatest danger. Always buckle up.