MYTH
You don’t need to wear a seat belt if your car is equipped with air bags.

FACT
Air bags are designed to work TOGETHER with your seat belt to keep you in position in the event of a crash. Air bags alone will not prevent ejection from the vehicle.

MYTH
I don’t wear seat belts because I would get stuck in a crashed car or trapped if the car caught fire or became submerged in a body of water.

FACT
If you’re not buckled up at the time of a crash, you’re four times more likely to be killed when thrown from the vehicle. If you are buckled up, you’re more likely to stay in place and be in control of your vehicle. Only about one in 200 traffic crashes involve fire or submersion.

MYTH
Good Drivers don’t need to wear seat belts.

FACT
Unfortunately, good drivers can be hit by bad drivers, intoxicated, aggressive or inattentive drivers. In addition, you could be involved in a crash caused by bad weather, or mechanical failure. Wearing a seat belt prevents injuries and fatalities by preventing ejection, and by protecting your head and spinal cord.

MYTH
Seat belts aren’t necessary if you’re just going to the corner store or a few blocks away.

FACT
The risk of getting into a serious crash is just as great when you need to take a quick trip to the store as it is on a longer trip. We know that 75 percent of all serious motor vehicle crashes occur within 25 miles of a person’s home.

MYTH
Seat belts aren’t necessary for low-speed driving.

FACT
In a frontal collision occurring at 30 mph, an unbelted person continues to move forward and hit the windshield at the same speed. This is the same velocity a person falling from the top of a three story building would experience upon impact with the ground.
Seat Belt Myths & Facts

**MYTH**
A lap belt offers sufficient protection. I don’t have to wear the shoulder harness.

**FACT**
If you don’t use the shoulder harness with the lap belt you increase the chance of spinal column and abdominal injuries – especially in children. If a seat belt assembly is equipped with a shoulder harness it is illegal not wear the shoulder harness even if you are using the lap belt.

**MYTH**
Seat belts are too uncomfortable and restrictive.

**FACT**
In a car crash--without your seat belt--you would smash into the steering column, slam into the dashboard or crash through the windshield--this would be more uncomfortable. Seat belts are supposed to be restrictive in order to keep you in your seat and in control of the vehicle.

**MYTH**
I’m too large to wear a seat belt. It doesn’t fit.

**FACT**
Make sure the seat belt is properly adjusted for your body type. Seat belt extenders can be purchased for most domestic vehicles.

**MYTH**
Wearing a seat belt is a personal decision that doesn’t affect anyone else.

**FACT**
Not wearing a seat belt can certainly affect your family and also other motorists since wearing one can help you avoid losing control of the vehicle. It’s illegal to drive or ride without a seat belt.