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Seatbelt Use Safety

Everyone has heard that seat belt use is crucial for saving lives on the road, but not everyone wears one. The National Highway Safety Traffic Administration (NHSTA) reports that about 1 in every ten people did not wear their seatbelt in 2024. There are many reasons why people do not wear seatbelts, but the facts are that they save lives.

Excuses Why People Do Not Wear Seatbelts:

1. It is "not cool." Teenagers are the least likely age group to wear their seatbelts. Educate the teenagers in your family on seatbelt use. Males are also 10% less likely to wear their seatbelts compared to females.
2. They are uncomfortable. If it is to a point that it is uncomfortable for you to wear a seatbelt, look into buying an aftermarket pad to put on your seatbelt. Do not put it behind your back instead of across your chest. Wearing it improperly will make it less effective in protecting you during a crash.
3. The myth "it is more dangerous to wear seatbelts than not to." The research shows that this is not the case. Search on YouTube "Man Does Not Wear Seatbelt" to see what it looks like when a person rolls a vehicle and does not have one on.

Why You Should Wear Your Seatbelt:

According to the NHTSA, seatbelts reduce crash-related injuries and deaths by half. It is estimated that seat belts save an estimated 15,000 lives each year. Individuals who do not wear their seat belts are more likely to be ejected from the vehicle in a crash. Seatbelts serve as a restraint for passengers in a vehicle. They restrain an individual to the seat instead of being ejected from the vehicle or being thrown around the interior of a vehicle in the instance of a crash.

While airbags can provide protection during a crash, they do not offer the best protection alone. Airbags combined with proper seatbelt usage offer passengers the best odds of surviving an automobile crash.

Summary:

Seatbelts need to be worn every time you are in a vehicle. Reasons such as being uncomfortable or "not cool" are not good enough for not wearing a seat belt. As the driver, you are responsible for everyone in your vehicle.

Require anyone riding in your vehicle to wear their seatbelt. Educate others who choose not to wear them.