

# Safety Tip

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## Seat belt safety tips

Do you always wear your seat belt? You should. Statistics show that you're always more safe in a car accident if you are wearing a seat belt than not wearing one.

Knowing is the first step in preventing.

Follow these important seat belt safety tips – they could save your life:

- **Always buckle up before driving or riding in a car. This goes for everyone in the vehicle, whether you're sitting in the front or the back.**
- **Wear the lap belt low across the hips and below your stomach.**
- **Wear the shoulder belt over your collarbone, away from your neck. It should cross over your chest. In most new cars, you can adjust shoulder belts to improve their height and fit.**
- **A seat belt that works properly will keep you at a safe distance from the dashboard and the airbag.**
- **Children should never sit in the front passenger seat until they reach at least age 10.**
- **If you're pregnant and riding in a car, make sure the safety belt is snug against your hips. Loose belts can cause broken ribs or injuries to your belly. Never put a lap belt across your stomach when you're pregnant.**

### Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.