

# BUCKLING UP: WHY SHOULD I DO IT?



**Troubling Trend:**  
**Teens have the lowest safety belt use of any age group.**



**TEEN STATEMENT:**

**Why do I need a safety belt? I'm only going down the street to the grocery store.**

Most crashes happen near or around your home in local neighborhoods, rather than on high-speed roads or on long trips.

If you weigh **160 lbs.**, and crashed while traveling at a speed of **25 mph**, it would take **4000 lbs** of restraining force to stop you from hitting the windshield, steering wheel, dashboard, or other passengers.

That is the weight of a wrecking ball, a fully grown great white shark, or a small SUV!

**TEEN STATEMENT:**  
**I'm not going very fast. If I crash, I can hold myself back from hitting the windshield. I'm only going 25 mph, it won't hurt me.**



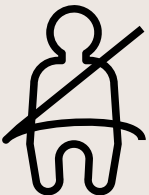
**TEEN STATEMENT:**  
**It's my life, I take my own risks! I'll wear a safety belt if I want to.**

In a crash, when you are not wearing a safety belt, you will continue moving until you hit something. This may be part of the car, but there is a good chance it may be a passenger in the vehicle. Hitting someone else with the crash force of your body can cause severe injury.



**WHY ELSE? BECAUSE IT IS THE LAW IN FLORIDA**

**FS 316.614** Every occupant under 18 years old must be in a safety belt or child restraint. Every driver and front seat passenger must be in a safety belt.





**TWO-THIRDS OF TEENSTHAT  
DIED IN CRASHES WERE NOT  
WEARING THEIR SAFETY BELT.**

## SAFETY BELTS SAVE LIVES

When a car crashes, it stops very abruptly. Occupants continue to travel until something stops them; often causing serious injury or fatality.

**An unrestrained occupant will travel forward until something stops them, such as the steering wheel column, windshield, or other part of the vehicle.**



**In a crash, wearing a safety belt helps you to slow down with the vehicle, enabling a more gradual stop which lessens the chance of serious injury or fatality.**

## PROPER SAFETY BELT PLACEMENT

**Spinal fracture caused by improper placement of lap belt**

**IMPROPER PLACEMENT OF LAP BELT**  
*Belt positioned over abdomen*

**PROPER PLACEMENT OF LAP BELT**  
*Belt over hips*

