

## Seat Belts Save Lives

In every motor vehicle crash, there are actually two collisions. The first is the impact of the vehicle. The second is the "human collision." If a car traveling 40 MPH collides with a stationary object, the human collision will take place at the same velocity. That is why unbelted occupants are so much more seriously injured than belted occupants. Imagine what it feels like to bang your chest against a steering wheel, or your head against a windshield - at 40 MPH.

- Ejection from a vehicle is even worse. Three-quarters of occupants who are ejected from passenger cars are killed.
- The best way to limit the human collision, and to protect against ejection, is with a seat belt.
- According to a 2004 report published by the National Highway Traffic Safety Administration (NHTSA), 56% of vehicle occupants killed in traffic accidents were not wearing seat belts.
- In 2008, seat belts saved more than 13,000 lives nationwide (NHTSA). Put simply: **Seat Belts Save Lives.**
- To learn more about using a seat belt, click [here](#).