Seat Belt Safety Messages

The following facts and statistics will help reinforce the message presented during the ThinkFirst program. Use the seat belt safety information in school newsletters, at sporting events, during daily announcements, or on the school website or marquee.

Fines for not wearing a seat belt are as high as $100. ThinkFirst. Taking two seconds to buckle up could save your life, not to mention lots of cash.

The force of a 30-35 mph crash is equivalent to jumping from a three-story building. ThinkFirst. Buckle up. You many think 35 mph is nothing, but have you jumped off a three story building lately?

Rear seat occupants who wear a seat belt, compared with those who do not, can reduce their risk of death by approximately 60% in a car and 70% in a pick-up truck. ThinkFirst. Wear a safety belt no matter where you’re seated in a vehicle.

A driver’s risk of death is 2.27 times higher when there is an unbelted rider sitting behind them. Unbelted passengers can be thrown around the car forcefully impacting others in the vehicle. ThinkFirst. Insist passengers buckle up.

Since 1986 when the state’s original seat belt mandate was signed, more than 5,700 people involved in Iowa crashes have been spared death or serious injury because they wore a seat belt at the time of the crash. ThinkFirst. Be a survivor – buckle up.

Riding in a car is the single most dangerous thing we do everyday. That’s why the state of Iowa enacted and enforces a seat belt restraint law. ThinkFirst. Buckle up and arrive alive. Teens have the lowest rate of seatbelt usage. You are not invincible. ThinkFirst. Take advantage of the safety devices available to you.

Most crashes happen 25 miles from home at speeds less than 40 MPH. Even routine trips and short excursions require your full attention. ThinkFirst. Be alert and buckle up.

Rollovers account for 25 percent of all fatal crashes. Rollovers are especially deadly for teens because teens have the lowest rate of seatbelt usage. Unbelted occupants are often ejected from a vehicle, which can cause death or serious injuries. ThinkFirst. Wear a seat belt.

If you refuse to buckle up for your own safety, buckle up for the safety of others. During a crash unbelted passengers can forcefully strike other occupants. ThinkFirst. Don’t be a backseat bullet.

A study conducted in 16 Iowa hospitals found unbelted persons brought to emergency rooms were 3 times more likely to be hospitalized, 8 times more likely to suffer head injuries and incurred 3 times more medical costs than belted persons. ThinkFirst. Buckle up and avoid the emergency room.

In an emergency situation it is difficult for an unbelted driver to regain control of a vehicle. ThinkFirst. Buckle Up. You cannot steer if you are not behind the wheel.