

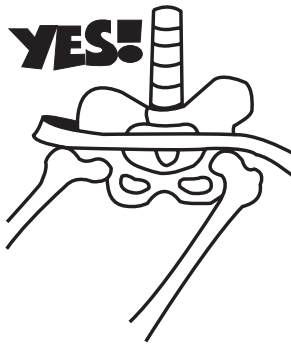
A Seat Belt Can Save Your Life... If You Wear It Right!

Lap Belts

**Wear Your
Lap Belt Low:**

Yes!

- ✓ 2-4 inches below your waistline.
- ✓ Snugly against your hips and upper thighs.



No!

- ✗ NEVER across your stomach. (This could cause serious injury or death in a crash.)



Shoulder Belts

**Wear Your
Shoulder Belt
Snugly:**

Yes!

- ✓ Diagonally across your chest.
- ✓ Flat against your collarbone, not your neck.



No!

- ✗ NEVER across your neck.
- ✗ NEVER under your arm. (This could cause broken ribs or serious internal injuries in a crash.)



**Help your seat belt protect you—
be sure to wear it right!**

Seat belts are for:

- adults
- children older than 8 years and at least 4 feet 9 inches tall

All children age 12 and under should ride properly restrained in the back seat.

Graphic source from AAA Foundation for Traffic Safety Seat Belt Comic Book



Maryland Institute for Emergency Medical Services Systems – EMS for Children Program
Hospital Child Passenger Safety Project (410) 706-8647 or
www.miemss.org/EMSCwww/HomeEMSC.htm

