

# MYTHS

VS

# FACTS

## Myths and Facts About Seat Belt Use

**Myth: Wearing a seat belt is a personal decision that doesn't affect anyone else**

**Fact:** Not wearing your seat belt could put your loved ones and other motorists in danger if there is a crash. Wearing your seat belt is a decision that affects you and those around you.

**Myth: Seat belts are inconvenient and uncomfortable to use. I don't need them**

**Fact:** Seat belts can be uncomfortable at first, but they get comfortable over time. There are steps to make your seat belt more comfortable, such as using a seat belt pad. The minor inconvenience of a seatbelt is nothing compared to the protection it provides.

**Myth: I am a good driver and can avoid crashing; I don't need to use a seat belt.**

**Fact:** Even the best driver faces unpredictable risks beyond their control. You cannot control other drivers or other events on the road. Wearing a seat belt is a simple, quick, and effective way to protect yourself and others on the road.

**Myth: My car has an airbag to protect me in a crash. I don't need to use a seat belt**

**Fact:** Airbags are not a substitute for seat belts; using them together offers the best protection for you and your passengers. Airbags act as a cushion between you and the vehicle's interior, and seat belts prevent you from being ejected from your seat.

**Myth: I don't need a seat belt because it is safer to be thrown clear of the vehicle if there is a car crash.**

**Fact:** It is much safer to stay inside and protected in the vehicle during a crash. People ejected from vehicles could be thrown against the ground, trees, guardrails, or other cars, leading to fatal injuries. Seat belts keep you in the survival zone with other protective features like airbags.

**Myth: Seat belts can hurt me in a crash. I don't need it.**

**Fact:** While seat belts can sometimes cause minor injuries, like bruising or soreness, these are far less serious than fatal injuries from not wearing a seat belt.

**Myth: Using a seat belt will make it more difficult to get out of a burning, submerged, or a car crash.**

**Fact:** Wearing a seat belt improves your chances of surviving a crash and escaping safely. Seat belts keep you conscious and make it easier for you to exit quickly.

**Myth: I don't need to wear a seat belt if I'm taking a short trip**

**Fact:** Majority of car crashes happen within 25 miles of your home, and wearing a seat belt is the simplest way to ensure your safety. Buckling up for every trip is a small action that makes a big difference for your safety.

**Myth: I don't need to use my seat belt if I am in the backseat of a car. Backseat passengers are safer during a crash**

**Fact:** Backseat passengers are still at serious risk of injuries in a crash. Unbelted passengers could be thrown forward into the front seat, resulting in severe injuries or death. Everyone, in every seat, should always wear a seat belt to be protected from serious injury or death in a car crash.



To learn more, visit [buckleupowens.com](http://buckleupowens.com) or scan the QR code

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