

ROAD TO SAFER TRIBAL COMMUNITIES

BUCKLE UP!

Every person, every seat,
every time.

THE FACTS

- » Motor vehicle crashes are a leading cause of death for American Indian and Alaska Native people.¹
- » Seat belt use in Indian Country (78%)² is lower than that of the U.S. overall (92%).³
- » Almost 2 in 3 vehicle occupants who died in crashes on reservations were not restrained by a seat belt, car seat, or booster seat at the time of the crash.⁴

KEEP YOURSELF AND YOUR LOVED ONES SAFE:

- » Buckle up the right way.
 - ▶ Place the lap belt across the hips, below the stomach.
 - ▶ Place the shoulder belt across the middle of the chest and over the shoulder.
 - ▶ Never put the shoulder belt behind your back or under your arm.
- » Always wear a seat belt even when the car or truck has air bags.
- » Wear a seat belt every time you ride in a car, no matter where you sit.
- » Use seat belt extenders if the seat belt is too small for you. You can buy these from car dealers and manufacturers.
- » Never ride in the bed of a truck.
- » Never use one seat belt to buckle more than one person at a time.





Seat belts reduce the risk of getting hurt or killed in a car crash by about half.⁵



- Wear seat belts throughout pregnancy.
 - ▶ Place the lap portion of the belt under the belly, across the hips, and high on the thighs.
 - ▶ Place the shoulder belt over the shoulder and across the chest.
 - ▶ Never place straps directly across the stomach.
- Make sure children are always buckled in an age- and size-appropriate car seat or booster seat until a seat belt fits properly.
 - ▶ Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck). This usually occurs between ages 9–12.

LEARN MORE AT

www.cdc.gov/transportationsafety/seatbelts
or call **1-800-CDC-INFO**



The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control and the Indian Health Service's Injury Prevention Program work in partnership with American Indian and Alaska Native communities to implement proven programs.

LOCAL INFORMATION

References

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3. Boyle, L. Seat belt use in 2022 – Overall results (Traffic Safety Facts Research Note. Report No. DOT HS 813 407). Washington, DC: U.S. Department of Transportation, National Highway Traffic Safety Administration, National Center for Statistics and Analysis; 2023. Available at <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813407>. Accessed August 30, 2023.
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5. Kahane CJ. Fatality reduction by safety belts for front-seat occupants of cars and light trucks: Updated and expanded estimates based on 1986-99 FARS data (Report No. DOT-HS-809-199). Washington, DC: U.S. DOT, NHTSA; 2000. Available at <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/809199>. Accessed August 30, 2023.