



BUCKLE UP!

Every Person, Every Seat,
Every Time.

The Facts

- ◆ American Indians and Alaska Natives are more at risk for getting injured or killed in a car crash than other Americans.¹
- ◆ Three out of every four passengers who died in car crashes on reservations were not wearing seat belts at the time of the crash.²
- ◆ Seat belts reduce the risk of serious injury and death in a crash by about half.³



Help Keep Yourself and Your Loved Ones Safe

You can help keep yourself and your loved ones safe by:

- ◆ Wearing a seat belt every time you ride in a car.
- ◆ Buckling up the right way.
 - The lap belt goes across the hips, below the stomach.
 - The shoulder belt goes across the middle of the chest and over the shoulder.
 - Never put the shoulder belt behind your back or under your arm.
- ◆ Always wearing a seat belt even when the car or truck has air bags.
- ◆ Never riding in the bed of a truck.
- ◆ Never using a seat belt to buckle more than one person at a time.

- ◆ Wearing 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 across the chest and over the shoulder.
 - Never place straps directly across the stomach.
- ◆ Buckling older children in a booster seat until the seat belt fits them 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).

- ◆ Using seat belt extenders if the seat belt is too small for you. You can buy these from car dealers and manufacturers.

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

Learn more at

www.cdc.gov/MotorVehicleSafety/Native or call 1-800-CDC-INFO

References

1. Centers for Disease Control and Prevention. Injury mortality among American Indian and Alaska Native children and youth—United States, 1989–1998. *MMWR Morb. Mortal. Wkly. Rep.*, 52 (30) (2003), pp. 697–701.
2. U.S. Department of Transportation, National Highway Traffic Safety Administration. Fatal motor vehicle crashes on Indian reservations 1975–2002. April 2004. DOT HS 809 727.
3. National Highway Traffic Safety Administration. Final regulatory impact analysis amendment to Federal Motor Vehicle Safety Standard 208. Passenger car front seat occupant protection. Washington, DC: U.S. Department of Transportation, National Highway Traffic Safety Administration; 1984. DOT-HS-806-572.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Local Information

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