



Safety Corner

Topic: Seatbelts

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Learning Objective: Students will explore ways to reduce the risk of injuries as a driver or passenger in a vehicle by using seatbelts.

Today you are going to be learning about the most important act of safety you can share in a car-the seatbelt! Take a minute to come up with your best guess on how many lives are saved each year by seatbelts. The answer is at the end of the article. Let's look at some other facts about seatbelts:

- Seat belts are designed to hold your body at its strongest parts. Even if you are just driving around the corner, it is important to be buckled in. Most car crashes occur within 25 miles of your home.
- Lap-and-shoulder belts spread the force of the crash over a wide area of the body. Seat belts increase your chance of surviving a car crash. This is why seatbelts need to be worn properly.
- Seat belts extend the time it takes for your body to slow down in a crash. This is one reason why they are required in Colorado and almost every other state.
- Seat belts protect your brain and spinal cord. Without the protection of a seat belt, you are more likely to be seriously injured.
- Colorado has specific laws around the use of seat belts. If you are 15 or under, you must be properly restrained with a safety belt or child restraint system. Infants must be restrained in rear-facing car seats, toddlers and children younger than four must use a child safety seat. Children must ride in a booster seat until they are eight years of age.
- Finally, let's see how close we were to our estimates of lives saved annually by seatbelts: at the results of our estimates. Over 15, 000 lives are saved each year!

Sources:

[LeadervationLearning.com](https://www.leadervationlearning.com)

<https://one.nhtsa.gov/nhtsa/ImageLibrary/index.cfm>

<https://www.nhtsa.gov/risky-driving/seat-belts>



Activity: Have the students identify the right way to buckle up from the photos below:



(1)



(2)



(3)



(4)



(5)



(6)

Answers to Activity:

(1) Incorrect (2) Incorrect (3) Correct (4) Incorrect (5) Correct (6) Correct

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