

Seat Belts - What You Need to Know

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Motor vehicle crashes are the number one cause of death for people between the ages of five and 34. Crashes also cause millions of serious injuries each year. Every 10 seconds, someone is treated in an emergency department for a crash-related injury.

The simple act of buckling up is the best way to save lives and reduce injuries from crashes. In a crash, wearing a seat belt reduces your chance of being killed or seriously injured by half.

Most drivers and passengers buckle up when they're on the road, but one in seven adults say they don't always use a seat belt.

Wear your seat belt on every trip, no matter how short, and encourage everyone else in the car to buckle up too. Make sure kids are properly buckled into a seat belt, booster seat, or car seat, whichever is appropriate for their age and size.

Remember: every person, every seat, every trip.

To learn more, visit www.cdc.gov/vitalsigns.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.