

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Mayor Sheila Dixon

Buckle Up – Seat Belt Safety

REVISED

Did You Know?

- In the past 26 years, experts estimate that seat belts have saved 135,000 lives and prevented 3.8 million injuries.
- Nearly 32,000 Americans were killed in car accidents in 2001. Of those, 60% were not wearing seat belts.
- Car crashes are the leading cause of death for people age 15 to 24 in the United States.
- All drivers and front seat passengers in the State of Maryland are required to wear seat belts at all times.

Prevention TIPS:

- Tip 1** Protect your family – know the rules:
- Children under 1 year of age or under 20 lbs should ride in a rear-facing **car seat** in the back seat.
 - Children over 1 year old and between 20-40 lbs should ride in forward-facing car seats.
 - Children who weigh between 40 and 80 lbs should ride in booster seats with seat belts.

Tip 2 Be a role model: Children riding with an unbuckled driver are much more likely to not wear a seat belt.

Tip 3 Make sure each passenger has a separate seat belt: Do not ride on the lap of other passengers or in the storage areas of a car or truck.

Tip 4 Wear your seat belt correctly: The lap belt **must** be low across your hips, and the shoulder belt **must** cross your collarbone.

Safety Starts Today!

All Baltimore City employees are required to wear seat belts in City-owned vehicles or any vehicle on City property

For questions about the Baltimore City policy, call the Office of Risk Management:

410-396-5115

Resources and References

National Safety Council, National Safety Belt Coalition

<http://www.nsc.org/traf/sbc.htm>

National Highway Traffic Safety Administration

<http://www.nhtsa.dot.gov/people/injury/airbags/buckleplan/mayplanner2003/factsheet.html>

American Academy of Pediatrics

<http://www.aap.org/family/carseatguide.htm>

Maryland Department of Transportation, Adult Seat Belt Law

<http://www.marylandroads.com/safety/oots/trafficsignalsandlaws/adultseat.asp?id=S20+S3>