

Risk Factor Crash Course Fact Sheet: Seat Belts

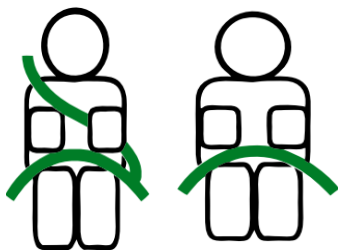
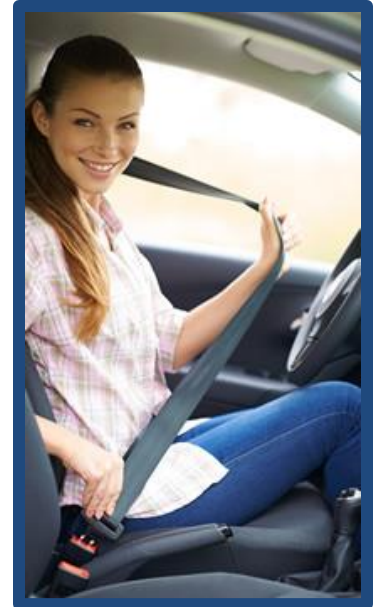
Key Facts

During a crash, seatbelts reduce the risk of contact with the inside of the vehicle, reducing the severity of injury¹ between 40% and 65%².

The safest seatbelt for cars, vans, minibuses, and trucks is a three-point lap and diagonal seatbelt. The two-point lap belt is more common, but less safe.¹

Seatbelts prevent 95% of the drivers and passengers from being ejected from cars during crashes. 75% of occupants ejected from vehicles die from the impact.¹

In a crash at 30mph, any passengers not restrained by seatbelts will hit the front seat or other passengers in the vehicle at a force between 30 and 60 times their own body weight.²



Three-point (left) and two-point (right) seatbelts.

Resources

[World Health Organization](#)

[Global Road Safety Partnership](#)

[Centers for Disease Control and Prevention](#)

[Safe Steps: Road Safety](#)

[Global Status Report on Road Safety 2015](#)

¹ *Seat-Belts and Child Restraints: A Road Safety Manual for Decision-Makers and Practitioners*. (London: FIA Foundation for the Automobile and Society, 2009).

² "Seat Belts and Child Restraints," *Global Road Safety Partnership*, accessed October 17, 2016, <http://www.grsproadsafety.org/our-knowledge/safer-vehicles/seat-belts-and-child-restraints>.