

Buckle Up for the Ones You Love

Each year in Utah, it is estimated that more than 100 lives are saved and an additional 50 lives would have been saved if only they would have put on their seat belt. **Wearing a seat belt is the single most effective way to prevent death or serious injury in a crash.** When used properly, seat belts reduce the risk of fatal injury to passengers in the front seat by 45 percent and moderate-to-critical injury by 50 percent.



Imagine what life would be like if your loved one was killed in a car crash and a seat belt could have saved them. In honor of Valentine's Day this month, show your love and remind them to buckle up every time they're in the car. Below are some ways to increase seat belt use among your loved ones.

- **Buckle up children.** Children don't always know how to buckle up so it is important to help them. It is also important to make sure they are in the proper restraint for their size and age.
- **Be an example.** Be an example by using a seat belt every time you get in the car, no matter the length. Actions speak louder than words.
- **Speak up.** Set a standard for your car and kindly remind everyone in the car to buckle up before leaving.
- **It's the law!** Let passengers know that wearing a seat belt is required by law.