

ROAD TO SAFER TRIBAL COMMUNITIES

# BUCKLE UP!

Every person, every seat,  
every time.

## THE FACTS

- » Motor vehicle crashes are a leading cause of death for American Indians and Alaska Natives.<sup>1</sup>
- » Seat belt use among American Indians and Alaska Natives (77%)<sup>2</sup> is lower than that of the U.S. overall (91%).<sup>3</sup>
- » 2 in 3 passengers who died in crashes on reservations were not wearing seat belts at the time of the crash.<sup>4</sup>

## KEEP YOURSELF AND YOUR LOVED ONES SAFE:

- » Buckle up the right way.
  - ▶ Place the lap belt across the hips, below the stomach.
  - ▶ Place the shoulder belt across the middle of the chest and over the shoulder.
  - ▶ Never put the shoulder belt behind your back or under your arm.
- » Always wear a seat belt even when the car or truck has air bags.
- » Wear a seat belt every time you ride in a car, no matter where you sit.
- » Use seat belt extenders if the seat belt is too small for you. You can buy these from car dealers and manufacturers.
- » Never ride in the bed of a truck.
- » Never use one seat belt to buckle more than one person at a time.





## Seat belts reduce the risk of getting hurt or killed in a car crash by about half.<sup>5</sup>



- ▶▶ Wear seat belts throughout pregnancy.
  - ▶ Place the lap portion of the belt under the belly, across the hips, and high on the thighs.
  - ▶ Place the shoulder belt over the shoulder and across the chest.
  - ▶ Never place straps directly across the stomach.
- ▶▶ Make sure children are always buckled in an age- and size-appropriate car seat or booster seat until a seat belt fits properly.
  - ▶ Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck). This usually occurs between ages 9-12.

LEARN MORE AT

[www.cdc.gov/motorvehiclesafety/seatbelts](http://www.cdc.gov/motorvehiclesafety/seatbelts)  
or call **1-800-CDC-INFO**



The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control and the Indian Health Service's Injury Prevention Program work in partnership with American Indian and Alaska Native communities to implement proven programs.

### LOCAL INFORMATION

#### References

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2. National Highway Traffic Safety Administration. Bureau of Indian Affairs' Highway Safety Plan FY19. Available at [https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/bia\\_fy19\\_hspar\\_0.pdf](https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/bia_fy19_hspar_0.pdf). Accessed March 23, 2020.
3. National Highway Traffic Safety Administration. Traffic Safety Facts: Seat Belt Use in 2019—Overall Results. US Department of Transportation, Washington, DC; 2019. Publication no. DOT-HS-812-875. Available at <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812875>. Accessed October 9, 2020.
4. NHTSA. 2020. Native American Traffic Safety Facts FARS 2013-2017. Available at [https://cdan.nhtsa.gov/NA\\_report/NA\\_Report.htm](https://cdan.nhtsa.gov/NA_report/NA_Report.htm). Accessed March 20, 2020.
5. Kahane CJ. National Highway Traffic Safety Administration. Fatality reduction by safety belts for front-seat occupants of cars and light trucks: updated and expanded estimates based on 1986-99 FARS data. U.S. Department of Transportation; Washington, DC, 2000. Publication no. DOT-HS-809-199. Available at <http://www-nrd.nhtsa.dot.gov/Pubs/809199>. Accessed March 20, 2020.