

### WHAT IS THE CORRECT METHOD OF USING A SEAT BELT?

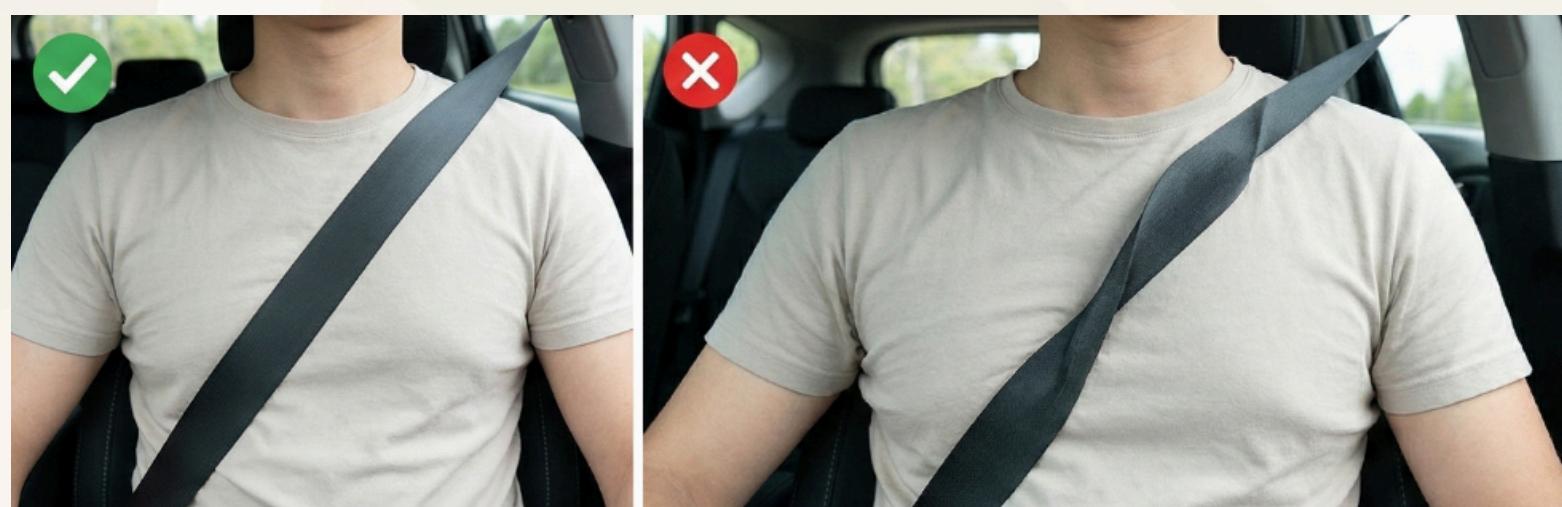
The vehicle stops within seconds, but the passengers inside continue to move at the same speed (The Law of Inertia). The role of the seat belt is not just to strap you to the seat, but to manage the energy of the collision.

**The Principle of Anchoring to Bone Structure:** Our body contains hard areas capable of withstanding impact (pelvis, rib cage, collarbone) and vulnerable soft tissues (abdominal cavity, neck).



**Correct Use:** The belt transfers the force of the crash onto our strongest bones.

**Incorrect Use:** If the lap belt rests on the abdomen (soft tissue), the risk of internal bleeding and organ damage increases exponentially during an accident.



#### MUST NEVER BE TWISTED

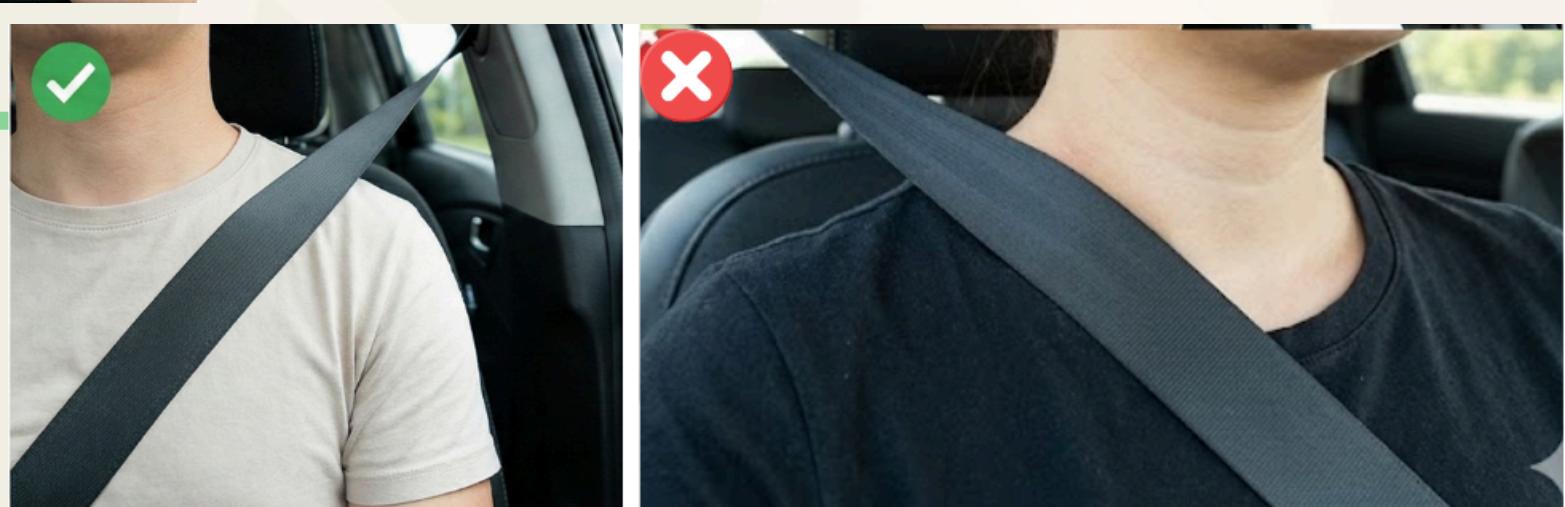
The seat belt strap must be completely flat from the moment it leaves the reel to the buckle. A twisted or bent belt cannot distribute the impact force over a wide surface. A belt that has turned into a thin strip can cut your body or cause serious tissue damage.

#### SHOULDER ALIGNMENT

The diagonal strap must pass exactly through the space between the shoulder and the neck (over the collarbone).

**Mistake 1:** If it is too close to the neck, it may compress the carotid artery or windpipe (trachea) during a collision.

**Mistake 2:** If it is too close to the tip of the shoulder, the jolt may cause it to slip off the shoulder, leaving the body unrestrained.



#### THE ABDOMINAL AREA

The lower part of the belt (lap belt) must never pass over the abdomen (stomach area), which consists of soft tissue. The belt must sit low across the Pelvis (Hips), one of the body's strongest bones. A belt passing over the abdomen can cause internal bleeding in internal organs (liver, spleen, intestines) during a collision.

#### NO OBJECTS IN BETWEEN

There must be no hard objects (a pen in a shirt pocket, a phone/keys in a coat pocket, etc.) between the belt and your body. The belt exerts tons of force during an accident. A small pen caught in between can pierce your body like a bullet under this pressure.

