MYTH

"It takes too much time and trouble to fasten my safety belt."

In reality, fastening your safety belt may take some time and trouble (but not too much).

The average time it takes to fasten a safety belt is two seconds! That much time and trouble you can live with–if you want to live.

MYTH

"My clothes get wrinkled when I wear a safety belt."

Sometimes safety belts might wrinkle clothes. But, sitting also wrinkles clothes. Wearing clothes wrinkles clothes. Flying through a windshield, however, really wrinkles clothes.

BUCKLE UP

HIGHWAY SAFETY OFFICE

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How Many Of These MYTHS

Do You Still Believe In?

State of Utah

Department Of Public Safety

MYTH

"If I wear a safety belt I might be trapped in a burning or submerged car!"

Less than one-half of one percent of all injury producing collisions involve fire or submersion. However, if fire or submersion does occur, wearing a safety belt can save your life. If you are involved in a crash without your safety belt, you might be stunned or knocked unconscious by striking the interior of the car. This would significantly reduce your chances of escaping from a burning or submerged car. You are better off wearing a safety belt at all times in an automobile. With safety belts, you are more likely to be unharmed, alert, and capable of escaping quickly.

MYTH

"Safety belts are not needed when traveling at low speeds or when going on a short trip."

The truth is that eighty percent of all car crashes occur at speeds less than 40 miles per hour. Three out of four crashes causing death occur within 25 miles from home.

The short trip to the grocery store, taking children to ball practice or dance lessons, is the type of trip that is the most dangerous if safety belts are not worn.

MYTH

"I'm strong and I could brace myself if a crash occurred."

At 35 miles per hour, the force of impact on you and your passengers is brutal. There is no way that your arms and legs can brace yourself against that kind of collision; the speed and force are just too great. The force of impact at just 10 miles per hour is equivalent to the force of catching a 200 pound bag of cement from a first story window.

MYTH

"It will never happen to me. I'm a good defensive driver. I don't need a safety belt because I will never be in a crash."

No matter how good a driver you are, you can't control the other car or other driver, especially if he or she is drunk or driving without enough sleep. On the average, everyone can expect to be in a crash once every 10 years. For one of out of every 20 persons, it will be a serious crash. For one out of every 60 persons born today, it will be fatal. Since you cannot avoid a collision, no matter how good a defensive driver you are, your best protection in such situations is a safety belt.