



In North Dakota, nearly eight of every ten people realizes the importance of buckling up. This is why...

- Wearing seat belts saves lives. In the past ten years, an average of 75 percent of those who died in crashes on North Dakota roadways was not wearing a seat belt.
- Traffic crashes are the leading cause of injury and death for North Dakotans.
- Being thrown from a vehicle increases your chance of being killed by 25 times.
- Unbelted crash victims have medical bills 50 percent higher than belted crash victims.

Teens and Seat Belts

- In 2008, there were 15 fatal crashes involving teens in North Dakota. In eight of these, seat belts could have been used, but were not. None of the eight teens who died was wearing a seat belt.
- Motor vehicle crashes are the leading cause of death among 15-20 year olds.

So, why don't people buckle up?

Two of the top reasons people give are that they forget, or it takes too much time. This effort is to remind you to click it quick! It takes less than three seconds to click it, and it will save you a ticket.

Seat Belt Myths

•**Myth:** "I'll be stuck in a burning vehicle or drowning and won't be able to get out because of a seat belt."

•**Truth:** Less than one percent of vehicles actually start on fire or are submerged in a crash. Not wearing a seat belt puts you at risk for hitting your head on a steering wheel or windshield, and losing consciousness so you cannot escape the vehicle.

•**Myth:** "The only surviving member of the crash was the one that was thrown free from the vehicle."

•**Truth:** About one in 200 people will do better if they are thrown free of a vehicle, rather than staying buckled in during the crash. Those are not very good odds.

•**Myth:** "Seat belts cause injuries."

•**Truth:** Seat belts may cause some injury, including bruising to the body. The fact remains that seat belts save far more lives than not.

