

Health In Progress

Lesson 10

Seat Belts



QUESTION 10: **TRUE OR FALSE**

Using a seat belt correctly every time you ride in an automobile is an example of being personally responsible for your health.

ANSWER: True

1. **In Tennessee, the law requires the proper use of whatever seat belt system a car is equipped with and it is recommended that children sit in the rear seat.** The rear seating recommendation is especially important if there is an air bag! If the child is less than 4 feet 9 inches tall, however, a booster seat/lap-shoulder belt restraint in the back seat is required.
2. **In order to prevent injuries, seat belts should be used properly.**
 - a. **The *shoulder* belt should NEVER be tucked under your arm or behind your arm or back.** Doing so means that you are not properly restrained and could move too much if you are in an accident. Also, be sure that the shoulder belt does not cut across your face or neck, but goes over your shoulder.
 - b. **If there is only a lap belt, make sure it is snug and low on the your thighs, not across your stomach.** In this case, the parent really should either ask a dealer to install a lap/shoulder belt in the car if there is not one there already or consider getting a new car that uses lap/shoulder belts instead of just a lap belt.
3. **If there are side air bags, it is important that parents read the vehicle owner's manual carefully, as children who are seated near a side air bag can be at risk for a serious injury.**
4. **The back seat is the safest place for any passenger to ride.**

ACTIVITY: Commit to wearing your seat belt every time you ride in a car. Make it a competition between family members. The first one to buckle his/her seatbelt gets to choose which radio station or CD they listen to first!