

Why Native Communities are at Greater Risk

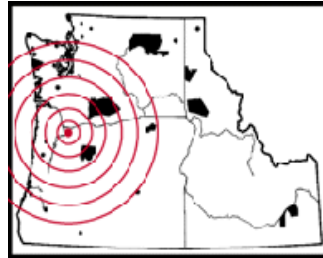
Although each tribal community is unique in its rich cultural history similar trends emerge when we look at motor vehicle safety practices:

- “Once I cross the line onto the rez road I take off my seat belt.” For tribes that do not have tribal police, community members know there is no risk of getting a ticket.

Automobile crashes happen on and off reservations, buckle up for your own SAFETY.

- Most people do not realize that even a 10 MPH crash can send you through the windshield if you are not buckled up.

Developed by the Tribal Epidemiology Center Consortium



Northwest Tribal Epidemiology



Protecting yourself, your family and your community



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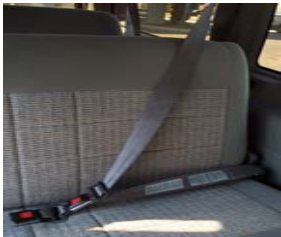
Protecting yourself, your family and your community



SEATBELT
SAFETY
on
TRIBAL
LANDS

Protect Our People, Wear a Seat Belt

Whether you are just going down the road or traveling a long distance, wearing a seat belt is the single easiest way to save your life in the event of a crash. On many tribal lands the use of seat belts is very low. This contributes to the fact that



American Indians (especially males) are twice as likely to die from a motor vehicle crash.

Motor vehicle crashes are the leading cause of death for American Indians and Alaskan Natives between the ages of 1 and 44.

**MOTOR VEHICLE
CRASHES ARE THE
LEADING CAUSE OF
UNINTENTIONAL
DEATHS FOR
NATIVES¹**

**More Native
Americans die from
motor vehicle crashes
than poisonings, falls,
and suffocations
COMBINED¹**

**USING SEAT BELTS
AND CAR SEATS CAN
SAVE THE LIVES OF
NATIVE ADULTS AND
CHILDREN!**

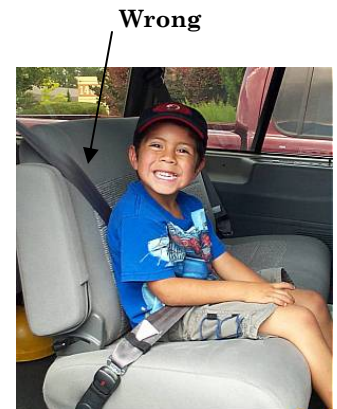


**Seat belts ensure that
you stay secure during
a car crash. People are
25 times more likely to
die if they are thrown
from a car – seat belts
help you stay put!²**

Why Use a Seat Belt?

Seat belts keep people from being thrown out of the car. They also hold you at the strongest points of your body (the hips and shoulders), spreading out the force of the crash on your body, protecting the neck and spine.

The picture shows a common misuse of seat belts. Putting the shoulder belt behind the



back or under the arm of children or adults reduces the protection to the neck and spine. Common excuses for doing this are that the seat belt is uncomfortable or it might wrinkle clothes. Don't be a statistic, use lap and shoulder belts every time for every ride!

¹CDC Web-based Injury Statistics Query and Reporting System (WISQARS). <http://www.cdc.gov/ncipc/wisqars/>. Aggregated 1999 – 2005 data. Accessed online 4/12/2008.

²Oklahoma State University EHS Safety Training. Seatbelts: Why you should use them. <http://www.pp.okstate.edu/ehs/kopykit/SEATBELT.HTM>. Accessed online 4/14/2008.

Centers for Disease Control and Prevention. *Injuries Among Native Americans*. <http://www.cdc.gov/ncipc/factsheets/nativeamericans.htm> Accessed 3/10/2008