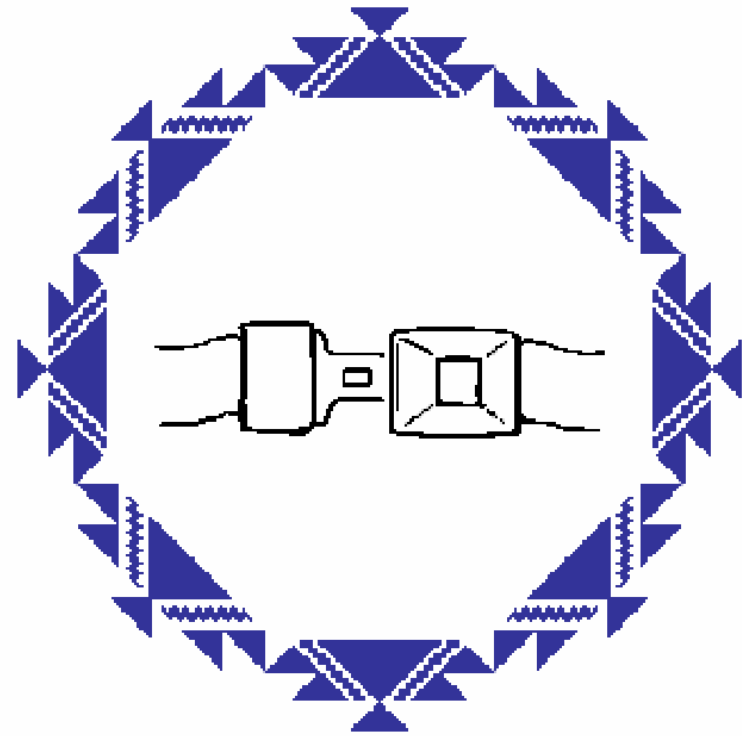

Seat Belt Safety on Tribal Lands



Protecting Yourself, Your
Family, and Your Community



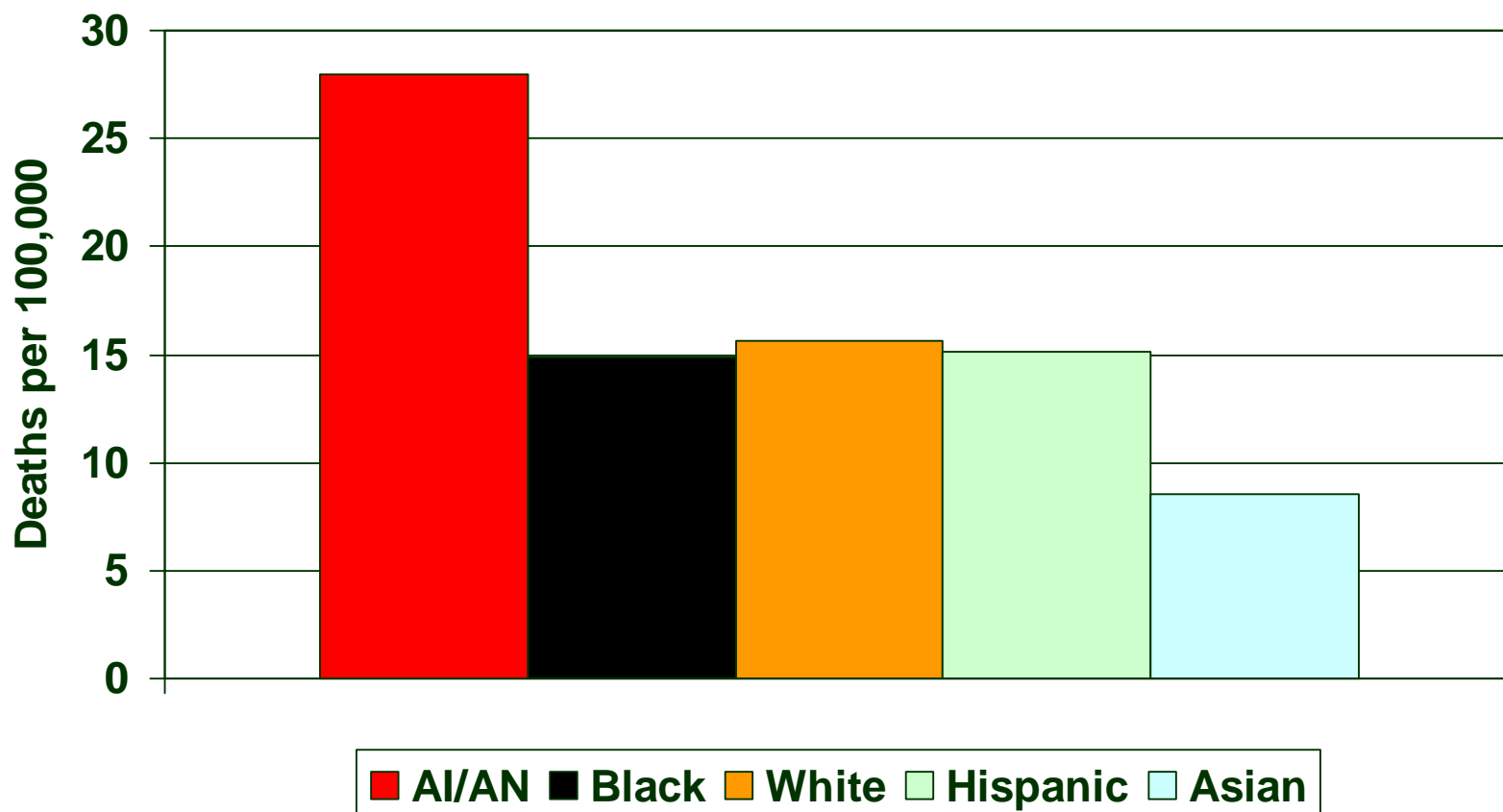
Motor Vehicle-Related Injuries Among Native Americans

- Motor vehicle crashes are the leading cause of death for American Indians ages 1-44
- On average, two Native Americans are killed every day in crashes in the U.S.





Motor Vehicle Death Rates by Race/Ethnicity, 2003





If Seat Belts Were the Cure

- If a disease killed over 40,000, people would demand the government take action
- SEAT BELTS are the cure!
- Last year approximately 10,000 people could have been saved by wearing a seat belt



Preventing Injuries

- Parents should be a role model: Kids will copy adults
- Children depend on adults for protection in and around vehicles
 - Buckle up
 - Drive responsibly



We Don't Buckle up!

“We don't get tickets out here on the Rez”

“I am only going down the street”

“I just don't think about it”

“I let the kids get out of their belts once we are on our rez roads”



The Force in a Crash

Do you feel scared driving 40 mph?

Maybe you should!

- Imagine your car going 40 mph and hitting a tree. It would hit the tree with the same force as it would hit the ground falling off a 5-story building.



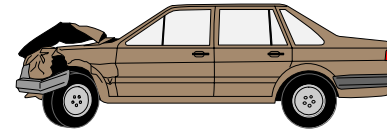
Explaining Crash Forces

- Weight x speed = restraining force
- Example: 10 pound baby x 30 MPH crash = 300 pounds of force (this is why it is not true that you can hold your baby in a crash)



What Happens in a Crash

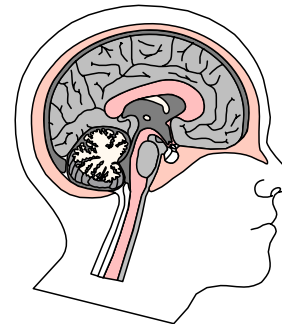
- Vehicle



- People



- Inside the body





Seat Belts Save Lives

- This teenage girl walked away from this crash on the Lac Courte Oreilles Reservation
- She survived because she was wearing a seat belt!





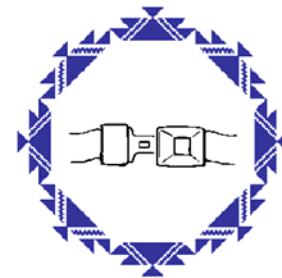
Five Ways Seat Belts Prevent Injury

1. Keep people in the vehicle
2. Contact the strongest parts of the body
3. Spread forces over a wide area of the body
4. Help the body to slow down
5. Protect the brain and spinal cord



How Can You Prevent an Injury

- There are factors that can be taken into account before, during, and after a crash to minimize or prevent injuries from occurring.
- Examples:
 - Road conditions—Before the crash
 - Seat belt use—During the crash
 - EMS Response Time—After the crash



Common Myths

“It is better to be thrown out. The car might burn or I might drown. I don’t want to be trapped in my belt.”



Response:

- You are actually more likely to be killed if you are thrown from the vehicle.



“I Can Hold My Baby in a Crash”

Response:

- The forces (weight x speed) in a crash are so great that it is impossible for any person to hold onto a baby.
- If the adult is also unrestrained, it is likely he or she will crush the child.





“Restraints are uncomfortable for me and my child”

Response:

- People who get in the habit of buckling up find it uncomfortable to ride without them.
- It is more uncomfortable to be injured.
- Don't start the car until everyone buckles up (be firm on this issue otherwise kids learn that they can misbehave and get what they want)



“I am a good driver, so I won’t get into a crash”

Response:

- You can never predict or control what other drivers will do, or how the weather may change the roadway.






“I’m only going down the street to the store. I always buckle up when I drive on the highway”

Response

- Most crashes happen close to home.
- It only takes a few seconds to buckle a seat belt and it won’t cost you anything, but you may not fully recover from an injury which may end up costing you thousands of dollars or more for treatment.




Please Buckle Up



**Safety for
Native
American
Passengers**

For local information, call:




**It doesn't matter where you live
Or how far you will go...**

**If you're an infant or an Elder...
Driving fast or driving slow...**

Buckle Up!

and saving a life is a SNAP!

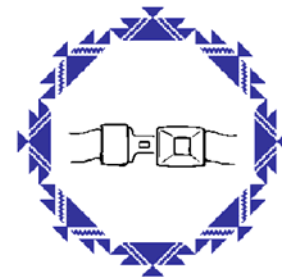
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Funding for this program was provided by grants from the California Office of Traffic Safety and the Indian Health Service



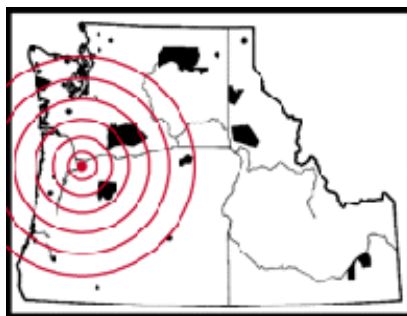


Conclusion

- There is no good excuse for not being safe and buckling up!
- If you decide not to wear a seatbelt you increase the chance that you will injure yourself or others
- Wearing a seat belt is the easiest way to prevent serious injury or death in a collision.
- It only takes a few seconds to buckle a seat belt and you never know when you may get in a crash (you can't predict other drivers behaviors and you should never assume).
- Buckle up for every ride in the car, even short trips.



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Northwest Tribal Epidemiology Center



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