

# USE OF SEATBELTS

## Contents

Introduction.....	1
In general.....	1
Definition of seat belt .....	1
Statistics: ROP, Ministry of Health and for other countries.....	2
What is the correct way to wear a seat belt? .....	4
Correct way.....	4
Incorrect way .....	4
The Top 4 Reasons Why You Should Wear Your Seat Belt.....	4
Do You Experience Discomfort or Pain When Wearing Your Seat belt?.....	5
Excuses for not wearing and seatbelts .....	5
Conclusion.....	6

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## Introduction

### *In general*

When you think about it, this is absolutely amazing: How can a piece of fabric end up being the difference between life and death?

We'll examine the technology of seatbelts to see why they are one of the most important technologies in any car.

The basic idea of a seatbelt is very simple: It keeps you from flying through the windshield or hurtling toward the dashboard when your car comes to an abrupt stop

At any time a car comes to a sudden stop, a passenger comes to a sudden stop as well. A seatbelt's job is to spread the stopping force across sturdier parts of your body in order to minimize damage.

### *Definition of seat belt*

A typical seatbelt consists of a lap belt, which rests over your pelvis, and a shoulder belt, which extends across your chest. The two belt sections are tightly secured to the frame of the car in order to hold passengers in their seats.



**Lap belt only**



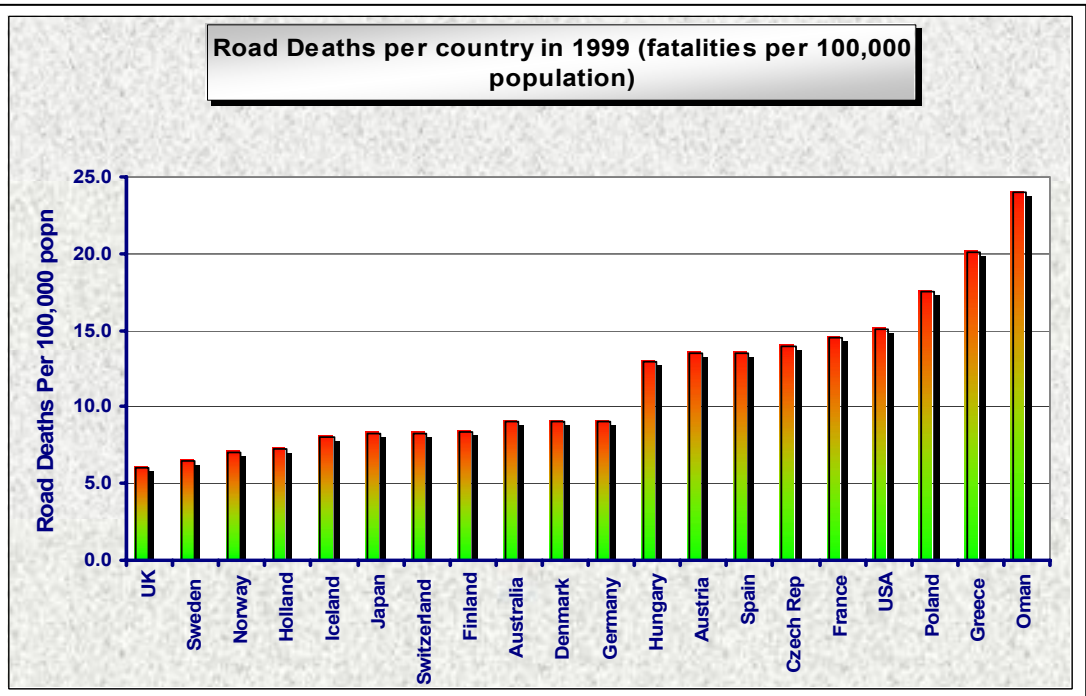
**Lap and shoulder belt**

## Statistics: ROP, Ministry of Health and for other countries

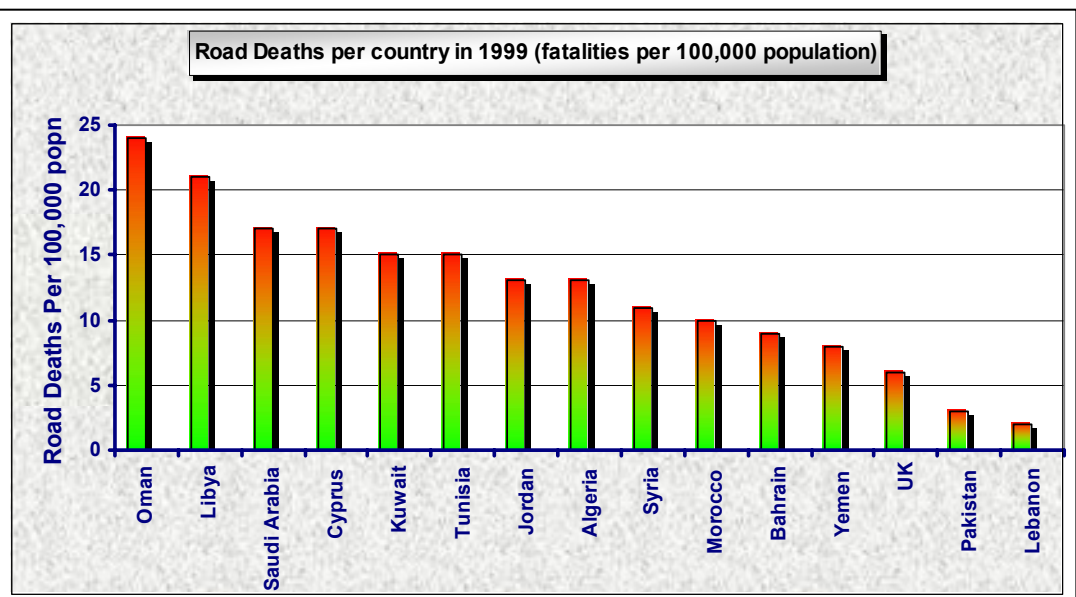
Based on the statistics, did you know that seat belts are the MOST effective means of reducing fatalities and serious injuries in a traffic crash?

Oman didn't come at the first position in football especially in the Gulf Cup., but in case of number of accidents it is!!!! (Choose what you want)

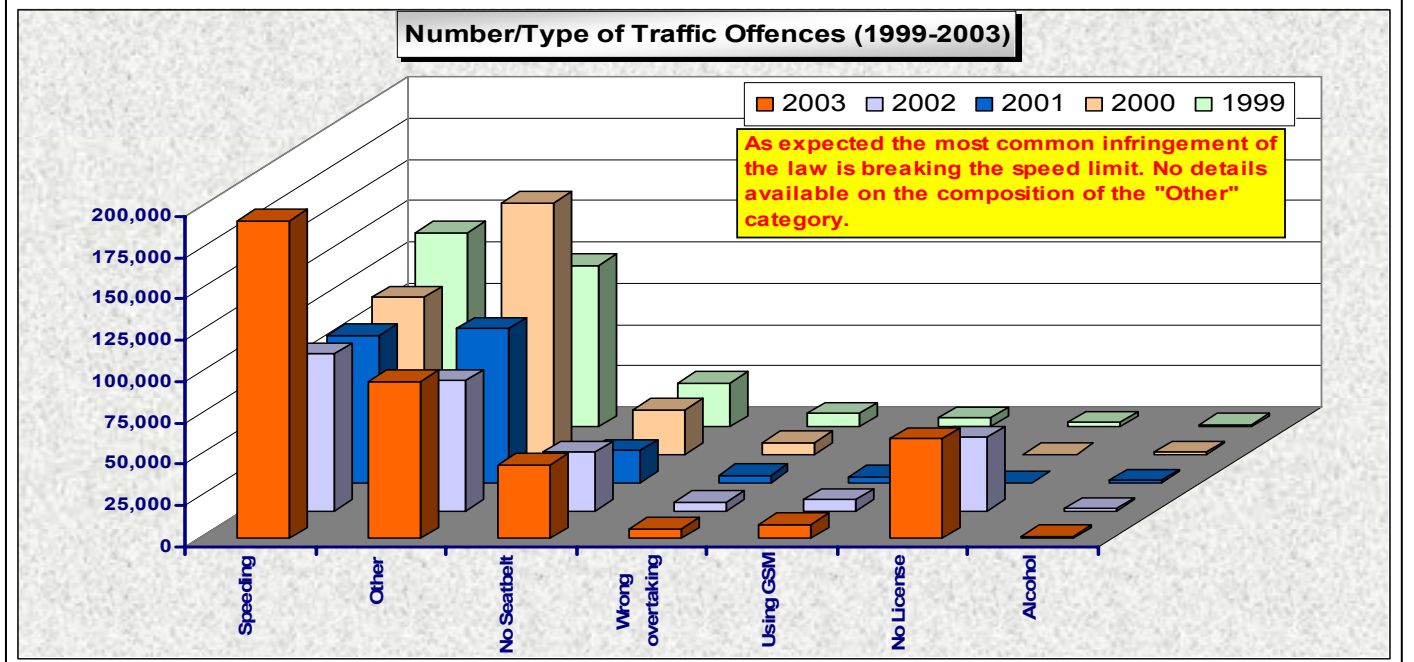
Country	Road Fatalities per year per 100,000 Population
UK	6.0
Sweden	6.5
Norway	7.0
Holland	7.2
Iceland	8.0
Japan	8.3
Switzerland	8.3
Finland	8.4
Australia	9.0
Denmark	9.0
Germany	9.0
Hungary	13.0
Austria	13.5
Spain	13.5
Czech Rep	14.0
France	14.5
USA	15.1
Poland	17.5
Greece	20.1
Oman	24.0



Country	Road Fatalities per year per 100,000 Population
Oman	24
Libya	21
Saudi Arabia	17
Cyprus	17
Kuwait	15
Tunisia	15
Jordan	13
Algeria	13
Syria	11
Morocco	10
Bahrain	9
Yemen	8
UK	6
Pakistan	3
Lebanon	2



Item	1999	%	2000	%	2001	%	2002	%	2003	%
Speeding	117,624	45%	95,349	33%	89,053	42%	94,981	36%	192,392	47%
Other	97,847	38%	152,415	53%	93,281	44%	78,836	30%	95,284	23%
No Seatbelt	26,764	10%	27,288	9%	19,291	9%	35,614	13%	44,790	11%
Wrong overtaking	8,234	3%	7,469	3%	4,445	2%	5,171	2%	5,958	1%
Using GSM	5,169	2%	5,811	2%	3,516	2%	6,583	2%	8,711	2%
No License	2,732	1%	0	0%	0	0%	44,474	17%	60,400	15%
Alcohol	1,525	1%	1,438	0%	1,273	1%	1,133	0%	1,546	0%
<b>Total</b>	<b>259,895</b>	<b>100%</b>	<b>289,770</b>	<b>100%</b>	<b>210,859</b>	<b>100%</b>	<b>266,792</b>	<b>100%</b>	<b>409,081</b>	<b>100%</b>



### Ministry of health said that:

- It is estimated that road accidents lead to approximately 500 deaths and more than 6000 injuries in the Sultanate every year. Over speeding is the most common cause of these accidents. Young children are at higher risk to die from accidents and many of these can be prevented by using seats belts and special seats fixed in the back seat. A pregnant woman should also use a seat belt for her safety and the safety of her unborn child.

Approximately 20% of total deaths of children in the Sultanate of Oman are due to road accidents due in the large part to not wearing a child seat belt - **Don't let your child become one of these statistics.**

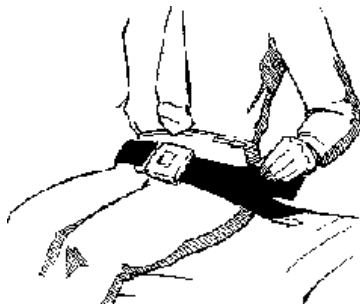
### Others:

- Seat belts save over 10,000 lives in America every year.
- "About 45 per cent of all Dubai drivers do not use seat belts", head of Dubai Traffic Police ,said

## What is the correct way to wear a seat belt?

### *Correct way*

The shoulder belt should cross the chest and collarbone and be snug. The belt should never cross the front of the face OR be placed behind your back.



### *Also:*

The lap belt or lap portion of the lap/shoulder belt should be adjusted so it is low and snug across the pelvis/lap area. **NEVER ACROSS THE STOMACH**, because when the seatbelt is strapped across the stomach, the belt itself could cause internal damage in a crash. (No thanks!)

### *Incorrect way*

The shoulder belt should never be place behind your back or under your arm.



### *The Top 4 Reasons Why You Should Wear Your Seat Belt*

- Seat belts can save your life in a crash.
- Seat belts can reduce your risk of a serious injury in a crash.
- Thousands of the people who die in car crashes each year might still be alive if they had been wearing their seat belts.
- It's easy. It only takes three seconds to put on.

## Do You Experience Discomfort or Pain When Wearing Your Seat belt?

If you are, so you have to answer some questions that let you qualify to not wear a seat belt.

Some of those questions are:

Have you injured your left shoulder or neck in the past year or so?

Had surgery in this area?

Is your left shoulder and/or chest area painful to touch or pressure?

**Note: For adequate seat belt protection, it is important to minimize the slack in the shoulder harness of your seat belt. The shoulder strap should be comfortable but tight to the chest.**

## Excuses for not wearing and seatbelts

People make up all kinds of excuses not to wear seat belts, but none of them are valid.

Here are some common excuses people make for not wearing seat belts:

- I'm not driving far, so I don't need to wear my seat belt.
- I'm a good driver; I don't have any accident record.
- I don't want to wrinkle my clothes.
- I can brace myself in the event of a collision. (are you stronger than death??? Did you try that??)
- I can do what I want in my car.( just remember you have a family that needs you)
- I don't want to be trapped in my car in case of a fire or rollover.

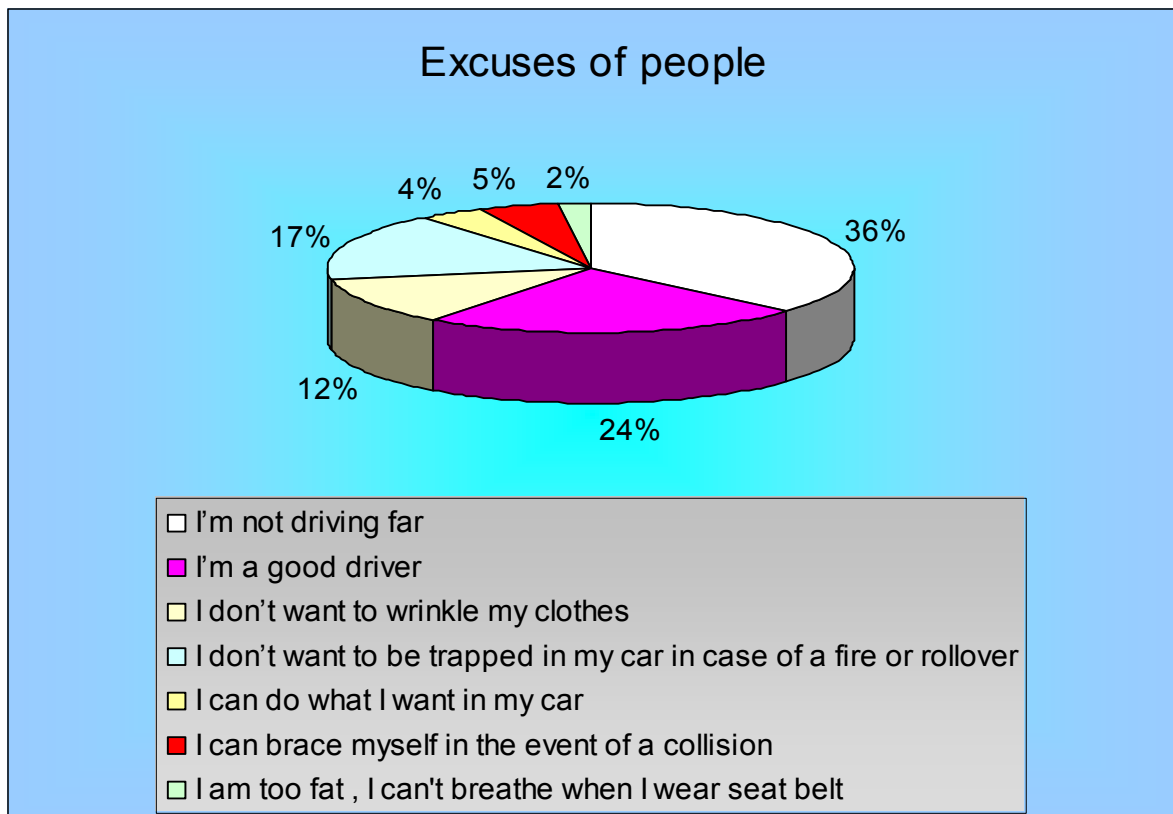


Figure 1: percentage of the excuses op the people in Oman  
(statistics for 101 people who don't wear seat belt)

## **Conclusion**

So why, when all facts and figures support seat belt use, do some people still refuse to wear them? It's one of those mysteries that baffle people who know better. Perhaps if seat belts were very expensive and in short supply, they would be more desirable!

So, ladies and gentlemen, I will let you make the judgment yourself, because this is your life and you know the value of it better than me!!!

But remember: **Don't let yourself or your child become a road accident statistic.**

**So forget about excuses...**

**Just remember that there are life saving reasons**

**Why seat belts should be worn!**