

Adjusting the Seat Belts | Steer Clear

[MUSIC PLAYING]

(Text on Screen)

Adjusting the Seat Belts

(Image)

An animated car is seen driving down the road. Image switches to an illustration of two types of seat belts: a five-point harness and the standard shoulder/lap belt.

(Speaker: Male announcer)

Seat belts and child safety seats for younger passengers are extremely effective in preventing injuries and saving lives in car crashes.

(Image)

Front view of animated car. A driver is behind the wheel with a seat belt on. Then a passenger is added without a seat belt.

(Text on Screen)

You're responsible for the safety of yourself and all your passengers.

(Speaker: Male announcer)

As the driver, you're responsible for the safety of yourself and all your passengers.

(Image)

Passenger seat belt is put on with a click. Four additional passengers are added to the backseat of the car.

(Speaker: Male announcer)

Make it a rule in your car that you won't drive until everyone is buckled up properly. This goes for every trip, no matter how short or long. Don't try to fit more people in your car than you have seat belts for them to use.

(Image)

Animated image of the driver using the seat belt. The lap belt is shown low across the hip. View of driver switches so we can see the placement of the shoulder belt, running directly across the driver's chest.

(Speaker: Male announcer)

The lap belt should be low across the hips and never over the stomach. The shoulder belt should be across your chest, never across the front of your neck, behind your back, or under your arm. Make sure the lap and shoulder belts are snug. On most vehicles, you can adjust the height of the shoulder belt near the driver door.

(Image)

Illustration of four types of seat belts are shown: a rear facing baby carrier, a five-point harness car seat, a booster seat and a standard seat belt.

(Speaker: Male announcer)

If you have children riding with you, make sure you know the seat belt and child safety seat laws in the states where you drive.

(Image)

Side view of car showing the driver in the front seat and a child sitting in a booster in the back seat. Both are secured by a seat belt.

(Speaker: Male announcer)

And keep in mind that the safest place for children under age 13 is the backseat.

[MUSIC PLAYING]