

For Your Safety: Buckle Up America!

Can you believe that there are still people in this country who don't wear seatbelts? Wait... Are you one of them? If you are, what's your excuse? The Department of Transportation put together this list of myth busting facts that might change your mind about seatbelt use:

MYTH: I'd rather be thrown clear in a crash.

FACT: Being thrown safely clear in a crash is almost impossible. When you're thrown, you may be thrown through the windshield, scraped along the pavement, or even crushed by your own vehicle or another one. The idea of being thrown from a car and gently landing in a grassy area beside the road is pure fantasy. Your best bet in a crash is to stay inside the vehicle, securely held by your safety belt.

MYTH: Belts are uncomfortable or inconvenient.

FACT: Initially people may find safety belts uncomfortable, confining or inconvenient simply because they're not used to wearing them. The serious discomfort and inconvenience of motor vehicle crash injury in no way compares to the imaginary discomfort or the inconvenience you may think you feel wearing a belt the first few times.

MYTH: I'm not going far and I won't be going fast.

FACT: This is the comment that so many people living in rural areas use when asked why they do not wear a safety belt. It's important to remember that most crash deaths occur within 25 miles of home and at speeds of less than 40 miles per hour. This emphasizes that everyday driving from just one neighbor's home to another, to school, to the store or just one farm to another poses the greatest danger.

MYTH: The chance that I'll have an accident is so small, those things only happen to other people.

FACT: This is an attitude that is universal to everything we do. It's comfortable to think that accidents only happen to other people. However, one out of three people will be seriously injured in a car crash sometime during their lives. This is really a significant risk. We never know when it will occur or how it will occur. The answer -- buckle up every time on every trip.

MYTH: I'm a good driver, it won't happen to me.

FACT: You may be a good driver but you cannot always control the other drivers on the road. The statistics related to motor vehicle crashes and drunk drivers are devastating. Even if you are driving defensively, a drunk driver coming around the next curve may not be. Again, you never know what might happen. Play it safe. Buckle up every time -- every trip.

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