



This will give you a belt



**BlueCross BlueShield
of Illinois**

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It's a sad fact that thousands of people will die in traffic accidents each year because they didn't use seat belts. But using seat belts properly can save over 10,000 lives in America every year. Seat belts are your best protection in a crash and help the strongest areas of your body—the bones of your hips, shoulders and chest—absorb the force.

Make sure you adjust the lap belt or lap portion of the lap/shoulder belt so it is low and snug across the pelvic area, never across the stomach. The shoulder belt should cross the chest and collarbone and be snug. Never place it across the front of the face or behind your back.

Using a seat belt is easy, and the three seconds it takes to put one on could save your life. Whenever you're in a vehicle, get safety under your belt by buckling up.

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