Wearing a seat belt is one of the best ways to decrease injuries and deaths in motor vehicle crashes.

Did you know in 2011:
- Unrestrained crash occupants were 40 times more likely to die in a crash than restrained occupants.
- An estimated 102 lives were saved because of restraint use. (National Highway Traffic Safety Administration)
- An estimated 41 additional lives would have been saved if everyone had been wearing seat belts.

• 11:00 p.m. to 4:59 a.m. had the highest percentage of unrestrained crash occupants.
• Rural areas had lower restraint use for nearly every hour of the day than urban areas.

• The highest percentage of unrestrained crash occupants were 15-19 years and 80+ years.

• Occupants in rural crashes were 1.6 times more likely to be unrestrained than urban occupants.

• Over 97% of persons who survived a crash were restrained compared to half (48%) of the persons killed.
The older the child the less likely they were using a child safety seat.

While 91% of 1-year-olds in a crash were in a child safety seat, only 76% of 4-year-olds, 48% of 6-year-olds, and 9% of 8-year-olds were in a child safety seat.

The decrease in child safety seat use for children aged 4-8 years is concerning and indicates that children are moving to adult-sized seat belts too early.