

## Seat belts

People seem to forget that seat belts save lives, even on the shortest trips and at the lowest speeds.

After a decade of advertising, a new law was introduced in 1982 meaning that wearing seat belts in the front seats was compulsory.

In 1991, following the success of this law, it became compulsory for adults to wear seat belts in the back of the car too. Now everyone, with a few exceptions, must wear a seat belt if one is fitted in the seat you're using. And you're only allowed 1 person in each seat that is fitted with a seat belt.

**You can be fined up to £500 if you don't wear a seat belt when you're supposed to.**

Passengers aged 14 and over are legally responsible for their own seatbelts, but you should make sure their seatbelt is secured whilst you are driving. Think of the damage an unrestrained passenger might do to YOU in the event of a crash.

Without a seat belt, in a crash at 30 miles per hour you and your passengers will be thrown forward with a force of between 30 and 60 times your body weight. Seatbelts significantly reduce this force and consequently the risk of serious injury or death.

**Always wear a seat belt. Be safe!**

