

Seat-Belts

Why should I wear a seat-belt?

In Australia, all occupants in a moving vehicle must be restrained by either a seat-belt or an approved child-restraint. There are a few exceptions. Research has shown that seat-belts dramatically improve your chances of surviving a crash, and significantly reduce injuries.

Although the figures vary from state to state, and from year to year, a person doubles their chances of injury or death if they are unrestrained.

According to the Monash University Accident Research Centre, more than 95% of front seat occupants wear seat-belts. However, only around 85% of rear seat occupants use this proven safety feature.

Do seat-belts ever need to be replaced?

Seat-belts don't last forever. Any seat-belt that was in use during a crash should be replaced immediately, even if it looks to be serviceable. Otherwise, seat-belts should be replaced after ten years.

What about child-restraints?

Child-restraints are enormously effective at reducing injury & death. However, some children are unnecessarily injured or killed because they are using the wrong restraint, typically an adult restraint.

The most common mistake is to prematurely advance a child into an adult restraint. All children should be restrained in a device matched to the child's body mass. It is critical to match a child to a restraint by weight/size and not by age.

Generally speaking child-restraints should be fitted in the rear of passenger vehicles. The rear seats are also generally safer than front seats. Older or heavier children who have graduated to an adult seat-belt are better off in the rear. This may also be a legal requirement in your state.

How tight should I wear a seat-belt?

All seat-belts and restraints work best when the belts are flat, without twists and fitted tightly.

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