



Why you  
**must** wear  
a seat belt

Seat belts keep you and your passengers safe in the event of a collision. They are designed to keep people in their seats to reduce the possibility and severity of injury or death.

In a collision, you are twice as likely to die if you do not wear a seat belt. An activated airbag can seriously hurt a driver or passenger who is not wearing a seat belt.

In a crash at 30 mph unrestrained passengers can hit whatever is in front of them with a force of up to 60 times their own body weight.

Air bags and head restraints are designed to work with seat belts. They are not alternatives.

60x **their body weight**



**when in an accident** at 30mph

Keeping a safe distance from the vehicle in front gives you time to react, reduce your speed and stop if you need to.

1983

Legal requirement for drivers and passengers to wear a seat belt



### The Highway Code (Rules 99-102)

Drivers and passengers **must** wear a seat belt in cars, vans and other goods vehicles if one is fitted unless you have a medical exemption certificate. Those that fail to wear a seat belt are breaking the law and can be fined up to £100 and in some cases, more severe penalties.

1989

Rear seat belts made compulsory for children

If a child is under 1.35 metres (4 feet 5 inches) an appropriate restraint must be used which is suitable for their weight and fitted to manufacturer's instructions. Refer to the Highway Code for more information.

1991

Rear seat belts made compulsory for adults

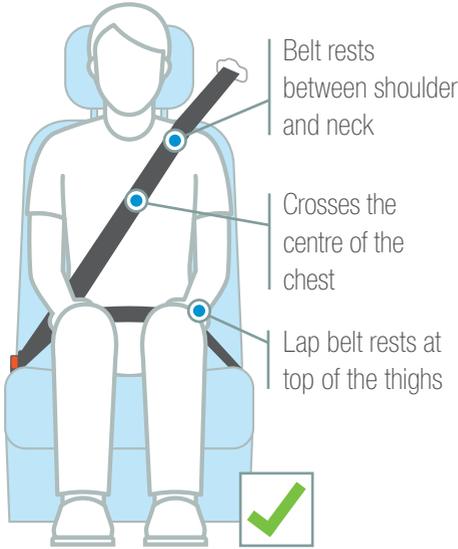
## Seat belt requirements

This table summarises the legal requirements for wearing seat belts.

|   | Front seat                            | Back seat   | Responsibility |
|---|---------------------------------------|---|----------------|
| Driver  | Seat belt must be worn                | Not applicable  | Driver         |
| Children under 3 years old  | Correct child restraint* must be used | Correct child restraint* must be used<br><br>If one is not available in a taxi, child may travel unrestrained | Driver         |
| Children from 3 years old, who are below 1.35 metres in height                  | Correct child restraint* must be used | Correct child restraint* must be used where seat belts are fitted   | Driver         |
| Children over 1.35 metres in height or from age 12 (whichever is reached first) | Seat belt must be worn if fitted      | Seat belt must be worn if fitted  | Driver         |
| Children from 14 years old  | Seat belt must be worn if fitted      | Seat belt must be worn if fitted  | Child          |
| Adult passengers  | Seat belt must be worn if fitted      | Seat belt must be worn if fitted  | Passenger      |
| Pets and other items  |                                       |   | Driver         |

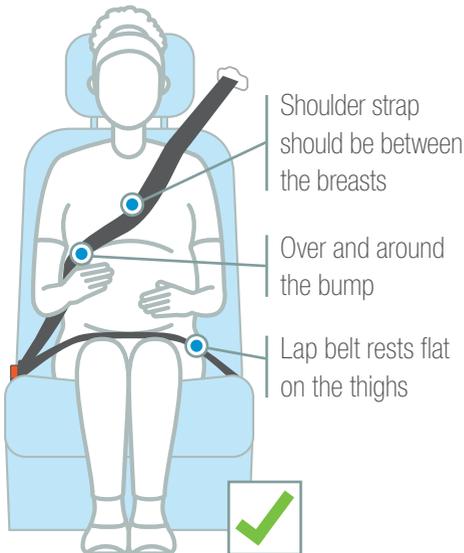
\*Child restraints must be fitted to manufacturer's instructions.

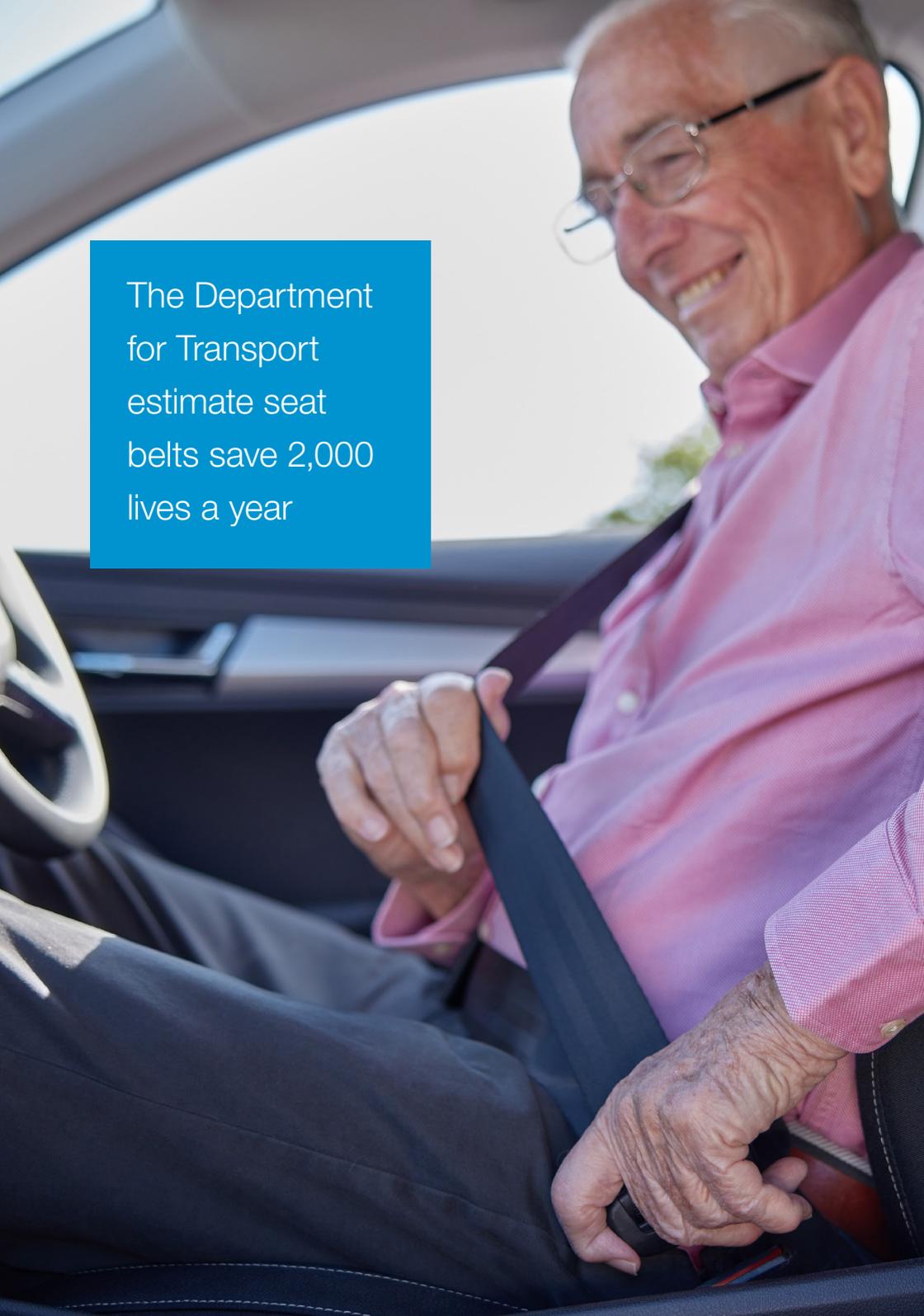
## Seat belt adjustment



The driver has a responsibility to ensure their passengers and belongings all get home safely and in one piece.

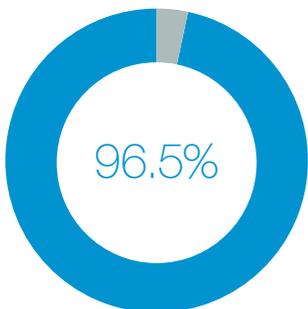
## During pregnancy



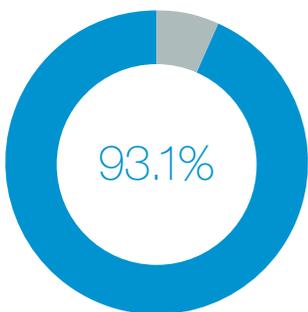


The Department  
for Transport  
estimate seat  
belts save 2,000  
lives a year

**In 2017 a Department for Transport seat belt survey showed:**



of drivers wore a seat belt



of front seat passengers wore a seat belt

It is easy to be complacent when driving on a familiar route or you believe a seat belt is not necessary for a short journey. Whilst a high percentage of people are wearing their seat belts, there are a proportion of drivers and other car occupants that are not, which places yourself and other road users at significant risk.

The Department for Transport figures show that on Great Britain's roads, there were over **200 people killed** and nearly **1,000 serious injuries** to drivers and passengers who were not wearing a seat belt in 2018.

**Remember:** Drivers and passengers who fail to wear a seat belt are breaking the law and are at increased risk of serious injury or death in the event of collision.

**Seat belts help keep you and your loved ones safe.**

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