

# Seat belts **ON**

**Youth** FOR  
**Brake**

Youth for Brake is a youth-led programme empowering the road users and decision-makers of the future to become powerful, creative advocates for safe and healthy mobility. We raise awareness of critical road safety issues, campaign for safer roads and call for better support for road crash victims. To find out more visit [www.brake.org.uk](http://www.brake.org.uk)

## BELT UP!

Wearing a seat belt will hold you in your seat if you crash

**This means...**  
You won't hit the inside of the vehicle or be thrown out of the vehicle



**And...**  
It will hugely increase your chances of surviving a crash



SEAT BELTS ARE ONE OF THE MOST **EFFECTIVE** SAFETY FEATURES

Wearing a seat belt can reduce the risk of death in a serious crash by

**UP TO 50%**

But some people still choose **NOT** to use them

On average more than a fifth of car occupants killed in road crashes in Britain are not wearing a seat belt.



Half of young drivers aged 18–24 admit being in a car with someone who wasn't wearing a seat belt.

## IT'S THE **LAW**

- ▶ Wearing a seat belt is a legal requirement for **ALL** drivers and passengers.
- ▶ Drivers are responsible for making sure children under 14 wear a seat belt.
- ▶ Passengers aged 14 and above are responsible for their own belts.
- ▶ Children **MUST** use a child car seat until they are 12 years old, or 135cm tall, whichever comes first.
- ▶ Drivers caught not wearing a seat belt can be fined up to **£500**.

Road safety experts recommend **ALL** children under 150cm should use a child car seat.



Wearing a seat belt protects passengers and drivers.

▶ In a crash, a back-seat passenger not wearing a seat belt can be thrown forward with enough force to kill the person in front of them.

▶ Only **91%** of back-seat passengers in England and Scotland wear seat belts, compared with **98%** of drivers and **97%** of passengers in the front seat.

## WHAT CAN **YOU** DO?

### Be secure

Always wear your seat belt in any vehicle where available.

### Protect other people

Make sure everyone else wears their seat belt, on every journey. Children smaller than 150cm should use a child car seat.

### Spread the word

Explain the risks of not wearing a seat belt to friends and family.

## SEAT BELT REMINDERS



New vehicle technology can help reduce the risk of death and injury in a road crash. Seat belt reminder systems use sensors and alarms to remind drivers and passengers to fasten their seat belt. Under new European laws, these systems will soon be compulsory for all seats in new cars.

Coordinated by

 **Brake**  
the road safety charity

with support from



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Police and Crime  
Commissioner  
for Warwickshire

For the source of the facts and figures used on this fact sheet, visit the Brake website.

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