

# Head Restraints

- ❖ The purpose of properly placed head restraints is to provide life saving protection for the head and neck. An improperly positioned head restraint can lead to serious injury or death.



- ❖ Adjust the head restraints high enough, so the top is at least level with the top of your ears (higher is even better) and close enough (less than four inches from the back of your head) to offer effective protection in a rear-end collision.
- ❖ Adjust your head restraint every time you drive or ride in a vehicle.
- ❖ The head restraint shall provide support for your entire head, not just your neck.
- ❖ This quick adjustment could reduce the risk of injury in a rear-end collision.

Funded by:

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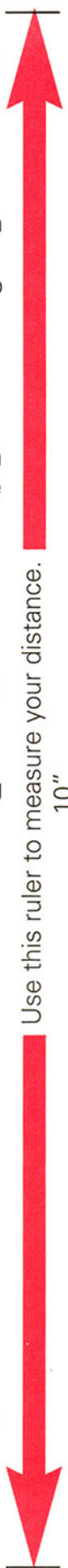
South Central PA Highway Safety

DEPARTMENT OF  
**HEALTH**

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# Air Bags

- ❖ Drivers and passengers must wear a seat belt. Seat belts keep you in position and out of the airbag deployment zone - giving the airbag room to deploy. The lap belt should be positioned across the pelvic bones and the shoulder belt should lie across the chest and over the shoulder.
- ❖ Drivers must allow at least 10" between their chest and the air bag. This distance is measured from the center of the steering wheel to the center of your sternum. If you sit less than 10" away, you can change your seating position in several ways:
  - Move your seat to the rear as far as you can while still reaching the pedals comfortably.
  - Recline the seat back slightly. If reclining the seat back makes it hard to see the road, raise yourself by using a firm non-slippery cushion.
  - Raise the seat, if your vehicle has that option.
  - Tilt your steering wheel downward; this points the air bag towards your chest instead of your head and neck.
- ❖ Adult passengers should buckle up and sit as far back from a passenger-side air bag as possible. Do not put feet up on the dashboard.
- ❖ Children 12 years and under should be properly restrained in the back seat because they tend to squirm and move around in their seats and that could put them in the airbag deployment zone.
- ❖ NEVER place a rear-facing child restraint in a vehicle seat equipped with an airbag. Injuries or death may result if the airbag inflates and impacts with the child restraint.



Use this ruler to measure your distance.

10"