

FAIRFAX COUNTY POLICE DEPARTMENT



Spring Break 2016 for Fairfax County Public School students is March 21-25. The West Springfield District Station is asking for your help in promoting the use seat belts and child car seats. Seat belts save over 13,000 lives every year. One of them could be yours...

The top 5 things you should know about buckling up.

- 1. Buckling up is the single most effective thing you can do to protect yourself in a crash.**
- 2. Air bags are designed to work with seat belts, not replace them.**
- 3. How to buckle up safely: The lap belt and shoulder belt are secured across the pelvis and rib cage, which are more able to withstand crash forces than other parts of your body.**
- 4. Fit matters: Before you buy a new car, check to see that its seat belts are a good fit for you. Ask your dealer about seat belt adjusters, which can help you get the best fit.**
- 5. Occupant protection is for everyone.**



