



CLICK-IT
INSCOM



DEPARTMENT OF THE ARMY
UNITED STATES ARMY INTELLIGENCE AND SECURITY COMMAND
8625 BEULAH STREET
FORT BELVOIR, VIRGINIA 22060-5246

REPLY TO
ATTENTION OF

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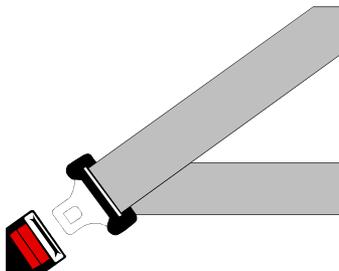
24 APR 03

MEMORANDUM FOR ALL INSCOM Personnel

SUBJECT: "Click-It INSCOM"

1. As you can see from the cover of this booklet, I believe it is imperative to "click-it" every time I get into my automobile. It is a tragic and chilling fact, according to national transportation safety officials, the US military loses the equivalent of a battalion of troops each year in automobile accidents. I believe when our civilians and service men and women put their lives on the line every day to protect our country and our way of life, they must also protect themselves by wearing a seat belt.
2. The INSCOM Safety Office has put this booklet together for your informational use. It is my intent to kickoff the 101 days of Summer 2003 by emphasizing the importance of seatbelt usage among all INSCOM members. To assist me in this campaign, I am reminding all personnel to wear their seatbelts.
3. Fiscal Year 2002 was the highest motor vehicle fatality rate for DoD military personnel in the past four years and, unfortunately, INSCOM was a part of those statistics when one of our personnel, who died in an automobile accident, was found not wearing a seat belt.
4. Vehicle and seatbelt safety is an important issue, one I expect all commanders, soldiers, and civilians to take seriously. Have a great spring and summer season and remember, when you get in your automobile, "Click-It INSCOM."

KEITH B. ALEXANDER
Major General, USA
Commanding





THE
POLICENOTEBOOK
UNIVERSITY OF OKLAHOMA POLICE DEPARTMENT

www.ou.edu/oupd

FAIRY TALES



ABOUT SEATBELTS

"I don't need a safety belt when I'm traveling at low speeds or going on a short trip."

You can't believe every story flying around these days. The truth is that ALL driving can be dangerous.

More than 80 per cent of all accidents occur at speeds less than 40 mph. Fatalities involving non-belted occupants of cars have been recorded at as low as 12 mph. That's about the speed you'd be driving in a parking lot.

Three out of four accidents causing death occur within 25 miles of home. Belt up before driving to your shopping center - just as you would for a long trip.

"When I have my lap belt fastened, I don't need to fasten my shoulder belt."

Don't be left with egg on your face --- or worse. It's true that a lap belt will protect you from serious injury. But a shoulder belt provides important additional protection. During a crash, a shoulder belt keeps your head and chest from striking the steering wheel, dashboard, and windshield.

A lap AND shoulder belt offers you the best possible protection in the event of a crash.

I might be saved if I'm thrown clear of the car in an accident.

Rubbish! The fact is that your chances of being killed are almost 25 times greater if you're thrown from the car. The forces in a collision can be great enough to fling you as much as 150 feet -- about 15 car lengths.

Safety belts can keep you from:

- plunging through the windshield
- being thrown out the door and hurtled through the air
- scraping along the ground
- being crushed by your own car

In almost any collision, you're better off being held inside the car by safety belts.

"It takes too much time and trouble to fasten my safety belt."

Now there's a fairy tale that's an earful. In reality, fastening your safety belt may take some time and trouble -- but not too much.

It all depends on

- how complex your belt is
- how well you know how to use your belt
- how difficult it is to find the belt ends.

That much time and trouble you can live with -- if you want to live.

"I'm uncomfortable and too confined when I wear a safety belt."

Belts are designed to allow you to reach necessary driving controls, and the newer shoulder belt retractors give you even more freedom. When reaching for things that will take you away from the steering wheel, it's safer to pull off the road or ask your passenger to help.

You'll probably find that any initial discomfort caused by safety belts soon goes away. Eventually, you may even feel MORE comfortable wearing safety belts.

**A fairy may live forever, but you won't.
So do all you can to live longer.
-Forget the fairy tales and BUCKLE UP.**



**CLICK-IT!
It's More Than A Law
It's A Lifesaver.**



Oklahoma State University

Seatbelts: Why You Should Use Them

The figures are familiar: 40,000 people die each year in car accidents, the leading cause of death for people under the age of 35. Safety belts can prevent death in about half of these accidents. If you know this and are still not wearing a safety belt, you may need to ask yourself why not. But first, let's look at what happens when a car crashes.

The Human Collision

Imagine running as fast as you can - into a wall. You'd expect to get pretty banged up. Do you think you could stop yourself if the wall suddenly loomed up when you were two feet away from it? This is exactly the situation you face when the front of your car hits something at only 15 miles an hour. The car stops in the first tenth of a second, but you keep on at the same rate you were going in the car until something stops *you* - the steering wheel, dashboard or windshield - if you're not wearing your safety belt. Bad enough at 15 miles an hour, but at 30 miles you hit "the wall" four times as hard as you would at 15. Or to put it another way, **with the same impact you'd feel as if you fell three stories.**

A properly worn safety belt keeps that second collision - the human collision - from happening.

Wear It Right

"Properly worn" means with both straps snugly fitted to transfer the impact of the collision to the parts of your body that can take it - your hipbones and shoulder bones. With just the shoulder strap on, you can still slide out from under it and be strangled, while the lap belt alone doesn't keep your face from hitting the steering wheel.

What's Your Reason For Not Wearing One?

"I'm only going to the shopping center." Actually, this is the best time to wear a safety belt, since 80% of traffic fatalities occur within 25 miles of home and under 40 miles an hour.

"I won't be in an accident: I'm a good driver." Your good driving record will certainly help you avoid accidents. But even if you're a good driver, a bad driver may still hit you.

"I'll just brace myself." Even if you had the split-second timing to do this, the force of the impact would shatter the arm or leg you used to brace yourself.

"I'm afraid the belt will trap me in the car." Statistically, the best place to be during an accident is in your car. If you're thrown out of the car, you're 25 times more likely to die. And if you need to get out of the car in a hurry - as in the extremely tiny percent of accidents involving fire or submergence - you can get out a lot faster if you haven't been knocked unconscious inside your car.

"I don't need a belt - I've got an airbag." Lucky you! An air bag increases the effectiveness of a safety belt by 40 percent. But air bags were never meant to be used in place of safety belts, since they don't protect against side impacts at all.

Obscure Road Fact

Recent statistics state that of all the crashes that caused a fatality, only 1% of the belted passengers died because they were ejected from the car. Compare that number to the 20% who weren't wearing their seat belts and were thrown from the car. Do the math. Figure it out! (Source: National Safety Council)

No Seat Belt Crash Activity

- Thrown out vehicle door. Open a door without using the handle and you'll get the idea.
- Body scrape on pavement. You become one giant scab — if you live, that is.
- Plunge headfirst into windshield. Think blood, scars, searing pain.
- Crushed by car. You die a painful death. Period.

Seat belts

Every 15 minutes a young-adult driver is killed in a crash. Often, it is the front seat passenger who is killed by being thrown around inside the vehicle. Seat belts and air bags can minimize injuries or prevent them altogether.



Care to buckle up?

In a front-end, head-on crash at 40 mph with another vehicle, it takes .05 seconds for the front bumper to crumble backward to the engine. In that same amount of time, an unbelted passenger is plunged forward toward the windshield, also at 40 mph. The victim suffers broken ribs and limbs from smashing into the dashboard.

The glass is instantly shattered by the impact of the crash. “Dicing” may occur — facial lacerations in the shape of small squares caused by the even shattering of the glass. If ejected, the victim skids and tumbles over rough pavement and eventually lands far from the car. And if the victim is lucky, he or she will live to make the choice of wearing their seat belt on another trip.

-----Original Message-----

From: Smith, 1LT Brian

Sent: Tuesday, May 16, 2000 8:01 AM

To: Mullins, Douglas

Cd: BEA! 596th Beaumont Terminal

Allcon:

As you may have heard, my family was involved in an accident with injuries Saturday night. Although Barb has a broken wrist, I have a severely sprained back and my mother in lay is banged up, we are all alive. Let me tell you why. Seatbelts! Even though seatbelts are not required in the back seat for adults, I live to write this E-mail because I was wearing mine. Had I not been, I would have gone through the windshield of the car. Second, we took the time on a Saturday in February to ensure the car seats were properly installed. The Jefferson County police were checking car seats at a business in Port Arthur. We went and had them installed properly. Though they were put in well the first time, the police showed me a few tricks that had them in 100% correctly. This I believe saved my children from injury or death.

I would be remiss in telling you that no matter how well you drive, the other guy may be distracted by eating a taco and pull out in front of you. Though you may be injured, time heals all wounds. Would you all not agree that time is better served by your temporarily being uncomfortable than your loved ones grieving you for even longer!

Please be safe and even though they may not be required, wear your seatbelts in the back seat. Parents and grandparents, make sure you know how to install a car seat. Don't be too proud to ask an expert. I'm sure any police officer would be happy to spend the time showing you.

Folks, it is a matter of life and death. Please read this warning. Thank you for your time and concern in this time of confusion for my family. I really appreciate all of you.

V/R

Brian



Welcome Safety Fans! You've reached the seat belt room of the Research Lab. Did you know that seat belts are the **MOST** effective means of reducing fatalities and serious injuries in a traffic crash? It's true. In fact, seat belts save over 10,000 lives in America every year.

The sad fact is that yearly thousands of people still die in traffic crashes. When a vehicle is involved in a crash, passengers are still traveling at the vehicle's original speed at the moment of impact. When the vehicle finally comes to a complete stop, unbelted passengers slam into the steering wheel, windshield or other part of the vehicle's interior. (Ouch!)

Seat belts are your best protection in a crash. They are designed so that the forces in a crash are absorbed by the strongest area of your body -- the bones of your hips, shoulders and chest. They keep you in place so that your head, face and chest are less likely to strike the windshield, dashboard, other vehicle interiors or other passengers. They also keep you from being thrown out of a vehicle.

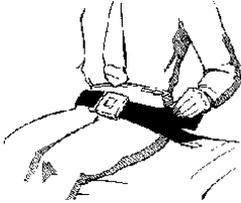
The Top 4 Reasons Why You Should Wear Your Seat Belt

- Seat belts can save your life in a crash.



- Seat belts can reduce your risk of a serious injury in a crash.
- Thousands of the people who die in car crashes each year might still be alive if they had been wearing their seat belts.
- It's easy. It only takes three seconds.

What's the right way to wear your safety belt?



Correct:

The lap belt or lap portion of the lap/shoulder belt should be adjusted so it is low and snug across the pelvis/lap area. **NEVER ACROSS THE STOMACH**

NO!



Incorrect

Here the seatbelt is strapped across the stomach where the belt itself could cause internal damage in a crash. (No thanks!)

NO!



Incorrect

The shoulder belt should never be placed behind your back or under your arm.

Correct



The shoulder belt should cross the chest and collarbone and be snug. The belt should never cross the front of the face **OR** be placed behind your back.

The adult lap and shoulder belt will fit you properly when you can sit with your back against the vehicle seatback cushion, with knees bent over the vehicle seat edge and feet on the floor - or when you are about 4'8" tall and weigh about 80 pounds.

If the lap and shoulder belt do not fit you right now, you should be using a belt-positioning booster seat! A booster seat raises your sitting height, which enables the lap and shoulder belt to fit you properly.

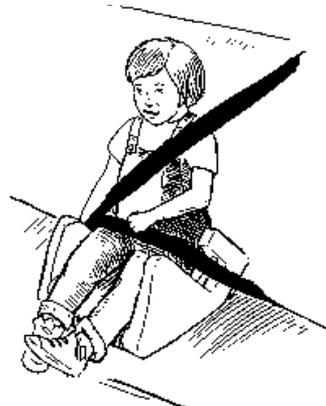
Correct



High Back

Correct

Belt Positioning Booster



HOW SEAT BELTS STOP YOU IN A CRASH

One tenth of a second after impact the motor vehicle comes to a stop, then the unbelted occupant slams into the car's interior. Immediately after the unbelted occupant stops moving, his internal organs collide with other organs and skeletal systems. To allow the occupant to come to a more gradual stop, all the stopping distance must be used. Holding you in your seat with a safety belt allows you to stop as the car is stopping, thereby enabling you to "ride-down" the crash.

During a crash, safety belts distribute the forces of rapid deceleration over larger and stronger parts of the body such as the chest, hips and shoulders. Additionally, the safety belt actually stretches slightly to slow down and to increase its stopping distance. The head, face and chest are also less likely to strike the steering wheel, windshield, dashboard or the car's interior frame.

People wearing safety belts are not thrown into another person or ejected from the vehicle.

Also, the safety belt helps belted drivers maintain control of the car by keeping them in the driver's seat. This increases the chance of preventing a second crash.

SEAT BELTS AND AIRBAGS

You still must buckle your seat belt even if you're riding in a car with an air bag. Air bags can cause injuries or even death when people are too close at time of deployment. Everyone should sit at least 10 inches away from where the air bag is stored. Young children who are riding in child safety seats or older children who are riding in booster seats should ride in the back seat, furthest away from an air bag. This is why children age 12 and under should always be properly buckled up in the back seat!

Front seat driver and passenger side air bags only work in frontal crashes, so if your car is hit on the side or rolls over, the air bag will

not protect you - ONLY your seat belt, when worn properly, can do that!

Using Seat Belts with Child Safety Seats

Securing newborns and toddlers in child safety seats is known to reduce chance of serious injury in a crash. ALL children under 12 should be buckled in their appropriate seat: The vehicles back seat, or a child safety seat IN THE BACK OF THE CAR. Newborns should be placed in rear-facing car seats in the back seat.

Adjust your headrest, warns insurance industry

Last Updated Thu, 21 Nov 2002 16:18:06

TORONTO - The insurance industry has launched a campaign to reduce whiplash injuries by having drivers position their headrest properly.

"Most people think a headrest is a comfort item, not the safety device it really is," said Stanley Griffin, head of the Insurance Bureau of Canada.

The IBC says only 14 per cent of drivers have their headrests positioned properly. The bureau says 80 per cent of the \$4 billion in collision claims paid out yearly is for whiplash.

The industry has been complaining about the rise in litigation costs because car injuries are getting worse. The number of accidents has decreased while insurance premiums in regions such as the Maritimes have doubled or tripled.

The ideal position is for the top of the headrest to be even with the top of the driver's head. The headrest should also be close to the head, five to 10 centimeters away.

An IBC study videotaped 7,500 drivers and 1,100 passengers as they approached stop signs.

Researchers found:

- 53 per cent of drivers had such poor positioning, their headrests would have provided no protection in a rear-end collision
- Women are three times more likely than men to have their headrests properly positioned

"Studies indicate that a properly adjusted head rest can reduce the severity of whiplash injuries by as much as 40 per cent," said Griffin, who says fewer whiplash injuries would lead to lower insurance premiums.

IBC is discussing with car makers ways to improve headrest design.

Griffin says headrests are more adjustable than they were a decade ago but have a long way to go in terms of design.

Headrests are often not close enough to the back of the head and are too low even when fully extended.

Written by CBC News Online [staff](#)

**On 08 APR 01,
this vehicle's
front right tire
blew out. And
they walked
away...thanks
to their seat
belts!!!**





INSCOM SAFETY OFFICE
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