

# STAYING SAFE & COMFORTABLE WHEN TRAVELLING IN A VEHICLE



## WHY IS THIS IMPORTANT?

Seatbelts are highly effective in preventing death and serious injury. However, they are most effective when used correctly. Research has shown that unnecessary serious injury often occurs when the seatbelt is not used correctly.

## HOW SEATBELTS WORK

Seatbelts prevent ejection from the vehicle and contact with the vehicle interior while reducing the crash forces on the occupant. They do this by making sure the occupant comes to a stop over the longest possible distance.



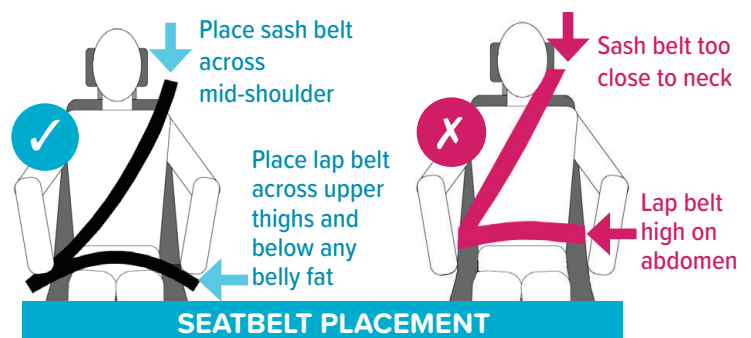
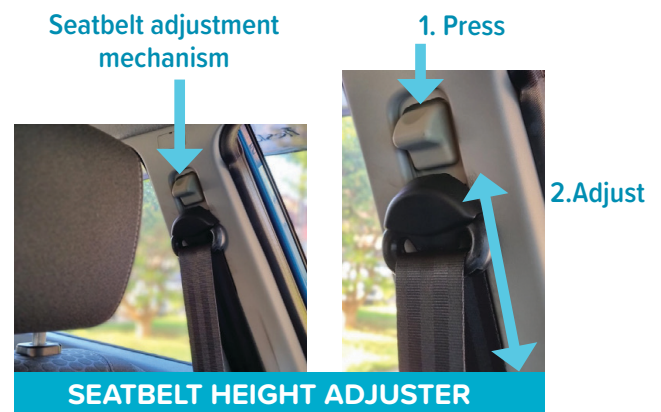
## ALWAYS USE THE SEATBELT

### DO:

- ✓ Do adjust the seatbelt height adjuster and/or vehicle seat height to get the sash comfortably positioned over the mid-shoulder.
- ✓ Do ask about the vehicle seat and seatbelt adjustment features.
- ✓ Do ask for assistance in adjusting the vehicle to achieve an appropriate and comfortable driving position for all drivers, and seated position for passengers.

### DON'T:

- ✗ Don't place the seatbelt under the arm, off the shoulder or behind the back.





## WHEN PURCHASING A NEW VEHICLE

### DO:

- ✓ Do consider ease of getting in and out of the vehicle.
- ✓ Do ask about the vehicle seat and seatbelt adjustment features.
- ✓ Do ask for assistance in adjusting the vehicle to achieve an appropriate and comfortable driving position for all drivers.
- ✓ For a new vehicle it is recommended to select a 5 star ANCAP rating vehicle. For a used vehicle it is recommended to select a 5 star Used Car Safety Rating.



## USE VEHICLE ADJUSTMENT FEATURES TO IMPROVE COMFORT & REDUCE PAIN

### DO:

- ✓ Do use the vehicle manual to find out how to make adjustments to your vehicle.
- ✓ Do seek help to find information in the manual.
- ✓ Do ask for assistance in adjusting the vehicle to achieve an appropriate and comfortable driving position for all drivers, and seated position for passengers.
- ✓ Do take breaks while driving to stretch and reduce pain from prolonged sitting.



### DON'T:

- ✗ Don't use household cushions and pillows to address comfort or pain in a vehicle.
- ✗ Don't use a lumbar support or anything behind the back in a vehicle without first consulting an occupational therapy driver assessor.
- ✗ Don't use any aftermarket accessory in the vehicle without first consulting an expert.