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# Healthy Bytes

## Backseat riders need seat belts, too

Most drivers heed warnings and wear their seat belts. But buckling up is not only vital to your own safety, it's critical to the safety of other passengers in the car. That's because a crash could cause an unrestrained passenger to catapult forward, backward or sideways striking another passenger.

A recent study shows that unrestrained passengers raise the risk of death for other passengers in the same vehicle by up to 22% when crashes occur. The risk of crash-related deaths is lowest when all passengers are restrained using seat belts or car seats for children and infants.

The same study showed that seat belt use among backseat passengers could prevent one in six deaths of passengers riding in the front. So be sure everyone buckles up, even in the backseat!

**Source:** "Backseat Riders Need Seat belts, Too." By Jennifer Warner. Reviewed by Brunilda Nazario, MD. *WebMD*. January 2004. <<http://www.webmd.com/content/article/79/96348.htm>>.



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