









Always wear a seat belt

- You MUST wear a seat be t if they are f tted n a vehicle
- Wearing a seat belt dramatical y reduces the risk of death and injury
- You are tw ce as ikely to d e in a crash if you don't wear a seat belt
- If you crash at 30 mph without a seat belt and h t the inside of the car your internal organs will keep traveling until they hit your ribcage and the mpact can literally tear the main artery from your heart

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