



Corbin & Associates, Inc.
Lesson Plan of the Month
(March 2000)

Topic: Seat Belt Safety
Target Group: Middle School
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Objectives:

- ❖ The student will explain what is the most common cause of death for people between the age of 1 & 34.
- ❖ The student will demonstrate the most effective position of vehicle head restraints.
- ❖ The student will explain the importance of child restraints.
- ❖ The student will identify some common myths of seat belts.

Introduction:

My name is Officer Michael Houston with the Hamilton County Sheriff's Department's SRO program. I am here today to talk to you about "Seat Belt Safety". I have been a Hamilton County officer now for three years. I was formerly with the Hamilton County Ranger's Division. There I was on the Bike Patrol and a proud member of the Chattanooga Safe Kids Coalition. I have done many bicycle presentations at area elementary and middle schools on bicycle safety. But today I am here to explain to you why it is important to wear your seat belts and tell you what can happen if you don't.

Body:

- I. Did You Know That;
 - A. More Americans between the age of 1 & 34 die as a result of motor vehicle injuries than any other cause.
 - B. Lifetime odds are 1 in 3 that you will be seriously injured in a traffic accident and 1 in 100 that you will be killed.
 - C. Motor vehicle crash injuries produce more new cases of quadriplegia and paraplegia than all other cases combined.
 - D. In major automobile injury cases 50% of the victims suffer brain damage and 40% sustain spine injuries.
 - E. 70% of death and injuries occur at speeds of 40 mph or less and no more than 5 miles from home.

- II. Use Seat Belts
 - A. Most fatalities from automobile injuries can be prevented.
 - B. In an accident there are two collisions.
 - C. Ejection is the most important cause of death in auto accidents.
 - D. Seat belts reduce the chance of injury to the head or face by 60%.

- III. Adjust Head Restraints
 - A. Head restraints increase protection.
 - B. Fixed head restraints are nearly twice as effective.

IV. Secure Children

- A. Traffic accidents are the leading cause of death of children over the age of one year.
- B. An unrestrained child acts like a projectile in a car crash.
- C. Studies show 25% of children are treated for injuries not from crashes, but from swerves, stops and turns.
- D. A child being held on an adult's lap has an increased risk of being crushed.
- E. The law in most states now require that infants and young children be restrained in crash tested safety seats appropriate to child's age and size.

V. Excuses For Non-Use

- A. Myth: Seat belts trap occupants in their vehicles.
Fact: Death by incineration or drowning accounts for less than 1/10th of 1% of motor vehicle trauma.
- B. Myth: Seat belts cause injuries.
Fact: A worn improperly, injury can occur or crash was so severe that occupant would have been more seriously or fatally injured without a seat belt.
- C. Myth: Seat belts are needed only for long trips, expressway driving.
Fact: Most crashes happen within a few miles of home at speeds less than 35 to 40 mph.
- D. Myth: I'd be better off if I am thrown clear.
Fact: Most passengers ejected from cars die.

VI. My Choice?

A. TCA Code 55-9-601 through 55-9-606

B. All children under age 4 must be restrained.

Review:

- We learned the age of the most common automobile accidents, the odds of being injured, most common cause of para and quadriplegia, and the percentage of deaths at speeds under 40 mph.
- We learned how to prevent injuries and collisions.
- We learned the effectiveness of head restraints.
- We learned the major cause of death of children over the age of one year and the increased risk of an restrained child.
- We learned about the myths and facts of seat belts.
- We learned that TN law requires the wearing of seat belts.

Practice:

- What are the odds of you being killed in a car crash?
- What are the two collisions of a typical car crash?
- What is the best position for head restraints?
- Is it safe to just hold an infant in your lap?
- What are some common myths of seat belts?
- Do you really have a choice to wear your seat belts?

Documentation and/or Sources:

Drafted from the article "Children's Virtual Hospital". Their information was prepared by the American Academy of Orthopedic Surgeon and is intended to contain current information on the subject. Creation and revision date unknown.

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