

# QuickSmarts

## Seatbelts and Restraints



### It's a simple action that could save your life.

Wearing a properly adjusted restraint reduces the risk of fatal or serious injury by half<sup>1</sup>. On average, 31 people are killed and 166 seriously injured on Queensland roads each year as a result of not wearing a seatbelt or an appropriate restraint<sup>2</sup>.

#### The facts

- Drivers and passengers are around eight times more likely to be killed in a road crash if they are not wearing a seatbelt<sup>3</sup>
- The latest research shows 14% of Queenslanders drive on our public roads without wearing a seatbelt<sup>4</sup>
- Children aged up to seven years must use a child restraint suitable for their age.
- The driver of a vehicle is responsible for the proper restraint of all passengers.
- The penalty in Queensland for not wearing a seatbelt is \$400 and three demerit points for drivers and passengers aged 16 years or older.

#### What does the seatbelt do?

Put simply, a seatbelt could save your life. The main functions of a seatbelt are to:

- cause the occupant to decelerate at the same rate as the vehicle in a crash, maximising the distance over which the occupant comes to a stop
- spread the force of the impact over the stronger parts of the occupant's body (pelvis and chest area)
- prevent the occupant colliding with the interior parts of the vehicle
- reduce the risk of being thrown from the vehicle
- reduce the risk of being thrown through the windscreen.

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#### References:

<https://streetsmarts.initiatives.qld.gov.au/seatbelts-and-restraints/factsheet>

## Child restraints

Ensuring children are properly restrained in the car is one of the most important things you can do for their safety and well-being.

- You should select a child restraint before the birth of your baby. You will need to check that the restraint fits your vehicle and that your other passengers can still sit comfortably once the restraint is installed.
- The child's age is the primary factor in determining the correct restraint.
- Shoulder height markers on the child restraint will ensure it is properly used, and will provide an indication of when your child is ready to move to the next appropriate restraint.

Further information about child restraints can be found online:

<https://www.qld.gov.au/transport/safety/rules/children>

Kidsafe Queensland has qualified staff who can install and check child car restraints. They also offer baby capsules, travel systems and other child car restraints for short-term hire. If you have any questions or concerns about child restraints, contact Kidsafe on: (07) 3854 1829 or [www.kidsafeqld.com.au](http://www.kidsafeqld.com.au)

## More information

Visit [qld.gov.au/streetsmarts](http://qld.gov.au/streetsmarts) and search 'Seatbelts and restraints' for more information, including myth busters and references for all research and relevant content.

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