Safety Belt Comfort Tips

If your safety belt doesn't fit comfortably, don't push it behind your back or arm – you could be seriously injured or ejected in a crash. You can also get a ticket. Oregon law requires all adults and kids to be properly buckled up. Try these simple solutions instead.

Problem #1 Belt comes across face or neck.

Solutions:

a) Use your car's built-in shoulder belt positioner or comfort guide – it's where the belt attaches to the wall of your car. Just slide the positioner up or down to adjust your shoulder belt so it doesn't lie across the neck or face. Some cars have a loop-type belt guide on the seat itself that can change the angle of the belt. Rear or middle seats may also have adjustable belt guides on elasticized bands.

b) Some cars let you change the seat height – try raising your seat higher to change how the shoulder belt fits.

Problem #2 Belt cuts into neck or shoulder.

Solution: Make sure your belt lies flat with no twists or knots. If it is flat, try placing the shoulder belt under your collar or use a padded belt cover, like one made of sheepskin.

Problem #3 Safety belt is not long enough; cannot be fastened.

Solution: First, make sure the lap belt rides low – it should always be under the belly. This is particularly important for pregnant women. If fit is still a problem, you need a safety belt "extender." Some vehicle manufacturers have these available – contact your dealer or manufacturer for more information.

Problem #4 A medical condition makes it impractical or harmful to wear a safety belt.

Solution: Contact ODOT at **503-986-3590** and ask how to obtain a medical exemption.

Problem #5 All of the above solutions fail.

Solution: Check your owner's manual and with your dealer for other options. And when you shop for a new vehicle, test drive it with your safety belt on – check for comfort before you buy!

Transportation Safety
Oregon Department of Transportation

Buckle Up. *The Way to Go.*