Arkansas has a primary seat belt law, meaning drivers can be stopped and cited if you are not wearing your seatbelt. Those in violation are subject to a fine. With the passage of the primary law, Arkansas’ seat belt usage rate increased from 70.4 percent in 2008 to 77.7 percent in 2015. The national average in 2015 was 88.5%.

Top five myths and facts about seat belts

**Myth #1:** I don’t need to wear a seat belt when driving at slow speeds or on short trips.

**Fact:** Most crash fatalities occur within 25 miles of home and at speeds of less than 40 mph.

**Did you know?** Fatal injuries to unrestrained motorists have occurred in vehicles traveling as slow as 12 mph. An unbelted person hitting a windshield in a 40 mph crash would feel the same force as hitting the ground after falling off a five-story building.

**Myth #2:** If I wear a seat belt, I might get trapped in my car if it catches on fire or becomes submerged under water.

**Fact:** Crashes involving fire or water occur in less than one half of one percent of all crashes. The greatest danger to vehicle occupants is from the impact of the crash itself.

**Did you know?** Those wearing a seat belt are more likely to be uninjured and conscious after a crash, allowing them to get out of the vehicle quickly.

**Myth #3:** If I don’t wear a seat belt I’m not affecting anyone but myself. If I’m injured or die in a crash from not wearing a seat belt, that’s my business.

**Fact:** Deaths and injuries that result from non-use of seat belts cost everyone in the form of higher insurance premium, medical costs, property damage, and loss of productivity. Plus, the emotional cost to victims’ families is too great to measure.

**Did you know?** Arkansans’ pay over $XXXX each year for car crash victims. Citizens not involved in crashes pay three-fourths of that cost.
Myth #4: I don’t need to ear a seat belt because my vehicle has air bags.

**Fact:** Air bags are designed to work in combination with seat belts, providing supplemental protection during certain types of crashes. Seat belts help to properly position occupants to maximize the airbags benefits and help restrain occupants during the initial impact and following collisions.

**Did you know?** Air bags inflate at a speed of over 100 mph. An unrestrained or improperly restrained occupant can be seriously injured or killed by the force of an activated air bag.

Myth #5: I might be saved if I’m thrown clear of the crash.

**Fact:** Being thrown to safety in a crash is almost impossible. Your best bet for survival is to be securely held in place by the seat belt.

**Did you know?** You are 25 times more likely to be killed in a crash when thrown from a vehicle. You may be thrown through the windshield and into another vehicle or fixed object, scraped along the pavement, or even crushed by your own vehicle.