

SEATBELTS

Just a short trip? **Just buckle up!**

Your simplest, most effective protection on the road

A seatbelt is one of the easiest safety choices you can make and one of the most powerful. When worn properly, a seatbelt dramatically reduces your risk of being seriously injured or killed in a crash.

In any collision, anything not strapped in keeps moving at the same speed the vehicle was travelling. Without a seatbelt, you become the projectile toward the dashboard, windscreen, or even out of the car.

Why seatbelts matter

Seatbelts do more than hold you in place. They manage the forces of a crash in ways your body simply can't.

A seatbelt works by:

- helping you slow down at the same rate as the vehicle
- spreading crash forces across the strongest parts of your body – your pelvis and chest
- preventing you from hitting the dashboard, windscreen or other interior surfaces
- reducing the chance of being thrown from the vehicle
- helping to more effectively control airbag impact.

How to wear a seatbelt correctly

A seatbelt only protects you if it's worn the right way. Always pull it firm and untwisted.

You're wearing your seatbelt properly if:

- the sash sits flat across your shoulder, not touching your neck or face
- the lap belt sits low across your hips, not across your stomach
- the belt is straight and not twisted
- it fits snugly across your body.

This positioning helps the seatbelt work with your body's strongest areas to absorb crash forces safely.

Ensure that all seatbelts retract correctly, and are not damaged or frayed.

What the law says in South Australia

Everyone in a vehicle must be properly restrained, no matter where they're sitting.

Some older vehicles may not have rear seatbelts or no seatbelts at all. Ensure that persons are seated in the safest positions (those that have seatbelts) where possible.

Drivers are responsible for ensuring:

- all passengers are correctly wearing an approved seatbelt
- children are correctly fitted in an approved child restraint.

More information about choosing the right child restraint is available at: www.myllicence.sa.gov.au

Penalties

Failing to wear a seatbelt comes with serious consequences.

Driver not wearing a seatbelt:

- Driver fined and accumulation of 3 demerit points.

Passenger 16+ not wearing a seatbelt:

- Both passenger and driver fined.
- Each accumulates 3 demerit points.
- If more than one passenger:
 - Driver accumulates 5 demerit points.

Passenger under 16 not wearing a seatbelt:

- Driver fined and accumulation of 3 demerit points.
- If more than one unrestrained child:
 - Driver accumulates 5 demerit points.

Buckle up. Every trip. Every seat. Every time.

It takes just a second and it can save your life or the life of someone you care about.

Whether you're driving around the corner or across the state, make seatbelts non-negotiable, even on private property.

About the SA Police Road Safety Centre

The SA Police Road Safety Centre leads the way in road safety education across South Australia. Our programs help reduce road trauma by building the awareness, knowledge, and skills of all road users – supporting safer journeys through lifelong learning.

Want to learn more?

Explore our full range of programs and resources:

 www.police.sa.gov.au/road-safety

Or simply **scan the QR code** in this fact sheet to go straight to our road safety page.

Book a FREE road safety session

We offer engaging, practical sessions for schools, community groups, and organisations.

 SAPOL.RoadSafetySection@police.sa.gov.au

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