



head restraints

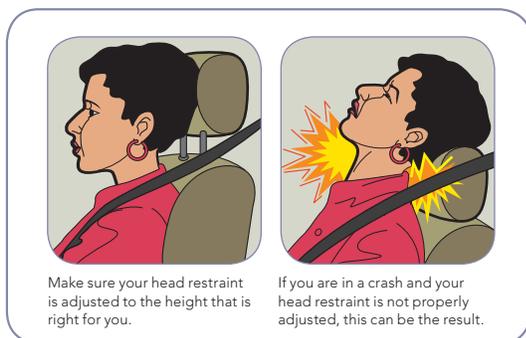
A correctly adjusted head restraint reduces the risk of soft-tissue neck and back injuries during a crash. Whiplash is the most common type of injury in motor vehicle collisions. More than 65 per cent of people injured in a crash report a soft tissue injury to their neck and/or back (years 2007-2011). Research has shown that many drivers and passengers with adjustable restraints don't take the time to configure them properly, leaving them at their lowest.

Injury prevention

When a vehicle is struck from behind, the vehicle is accelerated forward and the raised head restraint stops the head and neck from extending backwards on impact, reducing the risk of soft-tissue injury.

Adjusting your head restraint

- Raise the head restraint so the top is at least level with the top of the head. A properly adjusted head restraint prevents the head and neck from rotating backwards on impact.
- Your head restraint should be as close as possible to the back of your head. Closer head restraints can be twice as effective in preventing injuries as those which are set too far back.
- Make the adjustment every time you ride in a vehicle that is equipped with an adjustable head restraint.



Fixed or “built-in” head restraints

A “built-in” head restraint is actually the upper part of the vehicle seat back and is not adjustable. If the seat back is at least level with the top of the head, the back of your head and neck will be supported in case your vehicle is rear-ended.

Dynamic head restraints

Dynamic head restraint systems take an active approach to injury prevention by adjusting automatically in a crash. They are designed to move closer to the head during impact, reducing the whiplash-inducing abrupt motion of the head.

Head restraint design

Studies show that vehicles with well designed head restraints can reduce injuries in rear-impact crashes by 24 to 44 per cent. Drivers can protect themselves from whiplash by buying safer vehicles. Make sure you consider this safety feature when purchasing your next vehicle.

For more information on vehicle safety, check out icbc.com or Transport Canada's website at www.tc.gc.ca.



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