IT ONLY TAKES ONE...

ONE HOUR to DRINK

ONE MINUTE to DRIVE

ONE SECOND to KILL

ONE LIFETIME TO FORGET!

POH
REGIONAL MEDICAL CENTER
A McLAREN HEALTH SERVICE

Verified Level 2 Trauma Center
50 N. Perry St.
Pontiac, MI 48342
248-338-5000

Crashes aren't Accidents!

Crashes KILL!

- 112 people every day
- About 5 people every hour
  - 41,000 people every year
- 17,000 deaths are alcohol-related
- 514,000 injuries are caused by drinking and driving
- Some are serious, **life-changing injuries**
  - **Brain injuries (permanent disability)**
  - **Spinal cord injuries (neck and back)**
  - **May cause permanent paralysis**

- Many people think that if they have an air bag, that is enough.
- Unfortunately, people who do not buckle up, and are in a crash, often land in the passenger seat or rear seat, so when the air bag deploys it becomes ineffective.
- Air bags are **supplemental restraints** and work most effectively when used in combination with safety seat belts.
- At least one in 4 people will probably be injured in a car crash in his or her lifetime.

What Happens in a Car Crash?

Three collisions all happen in
7/10 of a second and
at the same speed!

1st Your Vehicle

Going 30 miles per hour crashing into something – such as another car. It's the same as catching a 200 lbs. bag of cement thrown from a third floor window. You just cannot brace yourself in a crash.

2nd Human

An unrestrained person inside the car has nothing to slow them down, so they keep moving forward at the same rate of speed, 35 miles per hour. They hit some part of the car, such as the dashboard, windshield, or steering wheel, or another passenger, or could be thrown from the vehicle.

3rd Internal Organs

Your body stops moving, but your internal organs do not. They hit each other, still traveling at the same speed of the impact.

- Your heart and lungs hit the sternum and your brain hits your skull. This can cause internal bleeding or severe head injuries.