The Seat Belt System and How It Works

Why Wear Seat Belts

Wearing seat belts, and wearing them properly, is fundamental to your safety and the safety of your passengers.

During a crash or emergency stop, seat belts can help keep you from being thrown against the inside of the car, against other occupants, or out of the car.

Of course, seat belts cannot completely protect you in every crash. But, in most cases, seat belts reduce your chance of serious injury. They can even save your life. That is why many states and all Canadian provinces require you to wear seat belts.

**WARNING**

Not wearing a seat belt increases the chance of being killed or seriously hurt in a crash.

Be sure you and your passengers always wear seat belts and wear them properly.

Important Safety Reminders

Seat belts are designed for adults and larger children. All infants and small children must be properly restrained in child safety seats (see page 31).

A pregnant woman needs to wear a seat belt to protect herself and her unborn child (see page 23).

Two people should never use the same seat belt. If they do, they could be very seriously injured in a crash.

Do not place the shoulder portion of a lap/shoulder belt under your arm or behind your back. This could increase the chance of serious injuries in a crash.

Do not put shoulder belt pads or other accessories on seat belts. They can reduce the effectiveness of the belts and increase the chance of injury.
Seat Belt System Components
Your Accord has seat belts in all five seating positions. The front seats and the outside positions of the rear seats have lap/shoulder belts. The center position of the rear seat has a lap belt.

Your seat belt system also includes a light on the instrument panel to remind you to fasten your seat belt, and to make sure your passengers fasten theirs. This light comes on when you turn on the ignition if you have not fastened your seat belt. A beeper also sounds for several seconds (see page 43).

The following pages cover more about the seat belt components and how they work.

Lap/Shoulder Belt
This style of seat belt has a single belt that goes over your shoulder, across your chest, and across your hips.

Each lap/shoulder belt has an emergency locking retractor. In normal driving, the retractor lets you move freely in your seat while it keeps some tension on the belt. During a collision or sudden stop, the retractor automatically locks the belt to help restrain your body.
The Seat Belt System & How It Works (cont'd)

Lap Belt
The lap belt has one manually-adjusted belt that fits across the hips. It is similar to safety belts used in airplanes.

Wearing Seat Belts Properly
You can increase the effectiveness of your seat belts if you take a little time to read the following pages and make sure you know how to wear seat belts properly.

⚠️ WARNING
Not wearing a seat belt properly increases the chance of serious injury or death in a crash.

Be sure you and your passengers always wear seat belts and wear them properly.
Wearing a Lap/Shoulder Belt
Before putting on a front seat belt, be sure your seat is adjusted forward or backward to a good driving or riding position and the back of your seat is upright (see page 29).

1. Pull the latch plate across your body and insert it into the buckle. Tug on the belt to make sure the latch is securely locked.

2. Check that the belt is not twisted.

3. Position the lap portion of the belt as low as possible across your hips, not across your stomach. This lets your strong pelvic bones take the force of a crash.
4. Pull up on the shoulder part of the belt to remove any slack. Make sure the belt goes over your collarbone and across your chest.

5. If the belt crosses your neck, you need to adjust the belt anchor height or your seating position.

   Front seats: Adjust the belt anchor by squeezing the two buttons and sliding the anchor up or down (it has four positions).

   Rear seat: Move toward the center of the seat until the belt fits over your collarbone.
To unlatch the seat belt, push the red PRESS button on the buckle. Guide the belt across your body to the door pillar. If the belt doesn't retract easily, pull it out and check for twists or kinks.

**Wearing The Lap Belt**

1. Pull the latch plate across your hips and insert it into the buckle marked CENTER.

   If the belt is too short, hold the latch plate at a right angle and pull to extend the belt. Insert the latch plate into the buckle.
2. Position the belt as low as possible across your hips and pelvic bones, not across your stomach. Pull the loose end of the belt to adjust for a snug but comfortable fit.

To unlatch the belt, push the red PRESS button on the buckle.