

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 passenger.

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

Important Safety Reminders

Seat belts are designed for adults and larger children. Small children must be properly restrained in child safety seats (see page [18](#)).

A pregnant woman needs to wear a seat belt to protect herself and her unborn child (see page [9](#)).

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.

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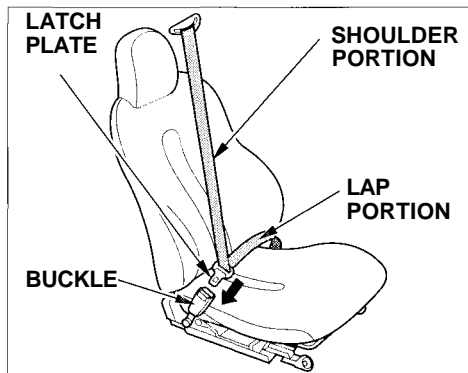
Seat Belt System Components

Your Honda has lap/shoulder seat belts for the driver and the passenger.

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 passenger fastens his. 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 32).

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 lap/shoulder belt retractor in the passenger seating position has an additional locking mechanism intended to secure a child seat (see page 22). If the shoulder part of the belt is pulled all the way out, this mechanism will engage. The belt will retract, but it will not allow the passenger to move freely. If the belt feels too tight, unlatch it, let it retract fully, then pull it out as far as needed.

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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.

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

Wearing a Lap/Shoulder Belt

Before putting on the seat belt, move the driver's seat as far back as is practical while still allowing you to maintain full control of the vehicle. Make sure the seat-back is upright (see page 16). The passenger should move the seat as far back as possible.



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.

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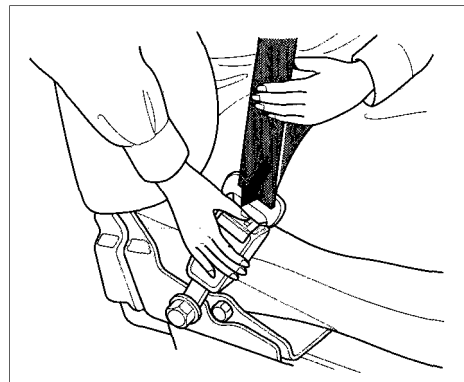
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2. Check that the belt is not twisted.
3. Position the lap portion of the belt as low as possible across your hips, not across your stomach. This lets your strong pelvic bones take the force of a crash.



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.

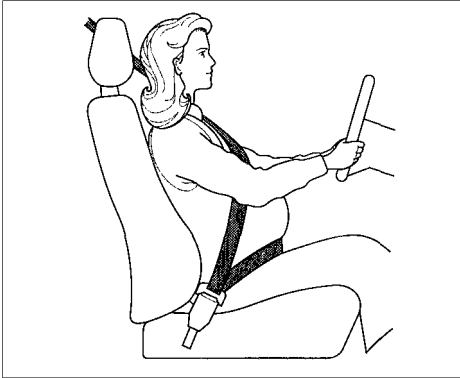


To unlatch the seat belt, push the red **PRESS** button on the buckle. Guide the belt across your body to the door pillar.

After you exit the vehicle, make sure the seat belt is out of the way and will not get closed in the door.

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Advice for Pregnant Women



Protecting the mother is the best way to protect her unborn child. Therefore, a pregnant woman should wear a properly-positioned seat belt whenever she drives or rides in a car.

When using the seat belt, remember to keep the lap portion as low as possible (see page [7](#)).

Each time you have a check-up, ask your doctor if it's okay for you to drive and how you should position a lap/shoulder seat belt.

Seat Belt Maintenance

For safety, you should check the condition of your seat belts regularly.

Pull out each belt fully and look for frays, cuts, burns, and wear. Check that the latches work smoothly and the lap/shoulder belts retract easily. Any belt not in good condition or not working properly should be replaced.

If a seat belt is worn during a crash, have your dealer replace the belt and inspect the anchors for damage.

For information on how to clean your seat belts, see page [172](#).