

# WHIPLASH PREVENTION 6 MINUTE SAFETY TALK



Whiplash is the most common injury in motor vehicle collisions. It usually occurs when a vehicle is hit at low speed from behind or from the side. Many injuries can be prevented or minimized if seats and head restraints are properly adjusted.

## How does whiplash injury occur?

Whiplash injuries can occur when the head and neck are extended backward or forward relative to the body.



## How can whiplash be prevented?

When adjusted properly, head restraints can be very effective in preventing whiplash injuries:

- **Select a vehicle with a proper head restraint.**
- **Adjust the head restraint properly.**

## What is the proper way to adjust head restraints?

To effectively reduce whiplash injury:

- Raise the head restraint so the center is slightly above the top of the ear, and the top is level or above the top of the person's head.
- Position the head restraint to be as close as possible to the back of the head.
- Adjust the seat back angle into a relatively upright position. This allows the head restraint to be positioned closer to the back of the head.

A head restraint is less effective if there is a large gap between the head and the head restraint. This gap (marked in yellow) means the head can move and rotate, increasing the risk of injury.

