

## Safety: You now have a choice! (at almost every vehicle price range)

With the recent improvements in seat and head restraint design, you now have a wider selection of vehicles more capable of protecting you and your family from serious neck injury during a rear-end collision.

### Where can I find information about vehicles with better head restraints?

- **Information about head restraint ratings for a range of passenger vehicles can be found at:**

**Insurance Institute for Highway Safety - [www.iihs.org](http://www.iihs.org)**

Click on “Vehicle Ratings” at the top left of the homepage. Then select your car in the drop-down box under the “Rear Crash Protection” heading.

- **Additional Resources**

**Insurance Corporation of British Columbia - [www.icbc.ca](http://www.icbc.ca)**

Click on “Road Safety” at the top right of the homepage. Select “Saver Vehicles” from the left-hand menu, then select “Head Restraints”.

**Insurance Bureau of Canada - [www.ibc.ca](http://www.ibc.ca)**

Click on “Publications” at the top right of the homepage. Select “Injury Prevention” in the center.

**Thatcham - [www.thatcham.org](http://www.thatcham.org)**

Click on “Whiplash Ratings” at the left-hand menu.

**Funded by AUTO21 Network of Centres of Excellence.**

Special thanks to the Insurance Institute for Highway Safety, Thatcham, AUTO21, Insurance Corporation of British Columbia, Canadian Institute for the Relief of Pain and Disability, BC Injury Research & Prevention Unit, University of British Columbia Department of Family Practice and the Department of Mechanical Engineering.

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Whiplash  
Prevention  
is Possible...

## A guide to understanding whiplash-associated injuries & prevention

# Whiplash symptoms

Symptoms involve stiffness and tenderness of the muscles in the upper back & neck, headaches and dizziness.

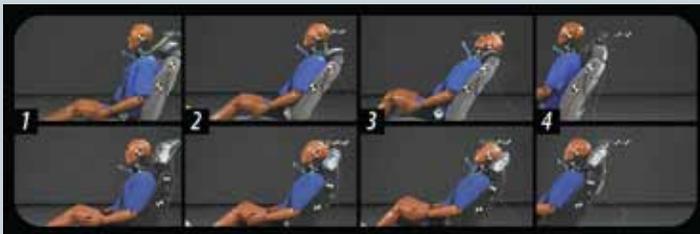


## Whiplash - Did you know?

- Whiplash-associated disorders represent a range of injuries to the neck caused by or related to a sudden movement (acceleration-deceleration) of the neck and head. The exact physical mechanism that causes whiplash injuries is unknown.
- Whiplash-associated disorders are the most commonly reported complaint following rear-end and side motor vehicle collisions.
- Serious injuries can be prevented!

## What happens when your vehicle is struck from the rear?

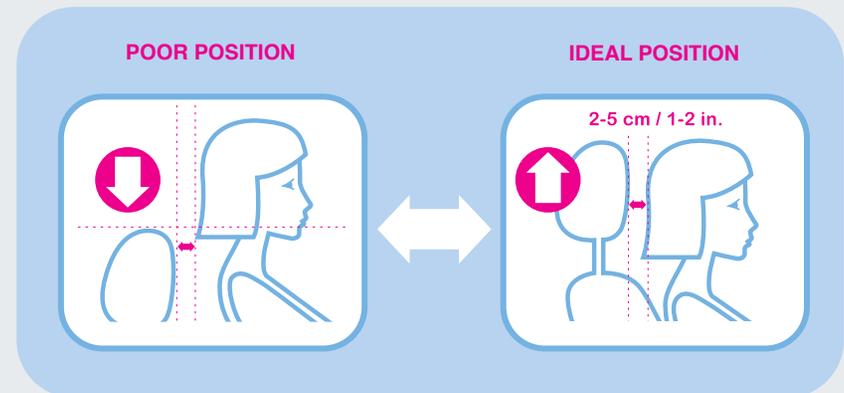
Top sequence features a “POOR” rated head restraint. Bottom sequence features a “GOOD” rated head restraint.



1. At impact, the vehicle is accelerated forward causing the seat to push against your back.
2. Your body is cushioned by the seat while your head and neck continue to move back.
3. If your head is unsupported due to an improperly positioned head restraint (top sequence), it continues to move backwards over the head restraint.
4. Properly adjusted head restraints (bottom sequence) protect your neck by keeping your head and body aligned throughout the collision.

## How should I position my head restraint?

- Raise the head restraint so that the centre of the head restraint is slightly above the top of the ear.
- 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.



## Prevention is possible!

- Studies show that vehicles with well-designed head restraints can reduce injuries in rear-impact crashes by 24 to 44 per cent.

## Do your part!

- Protect yourself from whiplash by choosing safer vehicles. (*\*see next page*)
- Consider “GOOD” rated head restraints when purchasing your next vehicle.
- Adjust your head restraint every time you ride in a vehicle.

Automobile collisions happen - and they can happen to you or your family! In British Columbia alone, vehicle collisions occur nearly 917 times per day, with the cost of whiplash injuries exceeding \$464 million per year.