

The 5 step test for travelling safely in a seatbelt

Seatbelts are designed to protect people in a crash. To find out if a person is able to travel safely in a seatbelt, follow these five steps for each vehicle they travel in.



Step 1

Can the person sit with their back firmly against the seat back?



Step 4

Is the lap belt sitting low across the top of their thighs?



Step 2

Do their knees bend comfortably over the front of the seat?



Step 5

Can they stay seated like this for the whole trip? Do they need additional postural or other supports to travel safely and comfortably?



Step 3

Does the sash belt sit across the middle of their shoulder?

Allied health professionals, such as occupational therapists, can assess the motor vehicle transport needs of people with disability.