

# SEAT BELT AND VEST IS BEST

One study found that of the lives saved by ballistic vests, 42% of those saves occurred during a traffic collision. **Wearing your ballistic vest and your seat belt** during a vehicle collision can help protect your internal organs from damage.

POLICE EXECUTIVE RESEARCH FORUM. (2009, AUGUST 9). "THE BJA/PERF BODY ARMOR NATIONAL SURVEY: PROTECTING THE NATION'S LAW ENFORCEMENT OFFICERS." BUREAU OF JUSTICE ASSISTANCE. RETRIEVED 2022, FROM [HTTPS://BJA.DJP.GOV/SITES/G/FILES/XYCKUH186/FILES/PUBLICATIONS/PERF\\_BODYARMOR.PDF](https://bja.djp.gov/sites/g/files/xyckuh186/files/publications/perf_bodyarmor.pdf)



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