

Two Easy Preventions to Reduce Injury in a Car Accident

A study of the body mechanics in an auto accident demonstrated two simple changes you can make to reduce injuries. First, raise the head restraint to the level of your ears or above, which will keep the head from snapping back upon impact. During in a rear-end collision, the body is forced backward against the seat and simultaneously goes up which is known as ramping. If the head restraint is set at neck level, the neck over-extends and increases the chance of injury.

Please note that most car seats are designed for a maximum body height of 5 feet 10 inches. So someone taller would be unable to raise the head restraint high enough. This is definitely a design flaw which needs to be addressed by the automakers. Unfortunately, adaptations to head restraint for individuals over 5 feet 10 inches are not yet available.

Secondly, the seat back should be upright enough to allow two inches between the head and the head restraint. Excessively reclined seat backs put a greater distance between your head and the seat, thus allowing for more ramping (moving back and up in the seat upon impact) to occur.