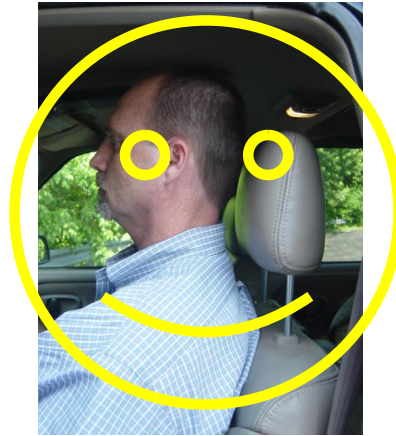
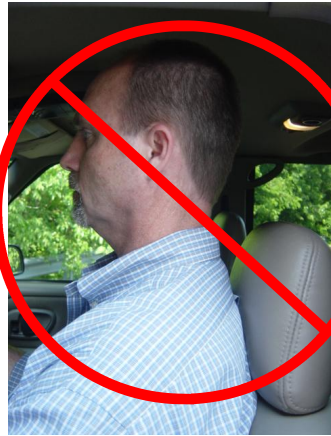
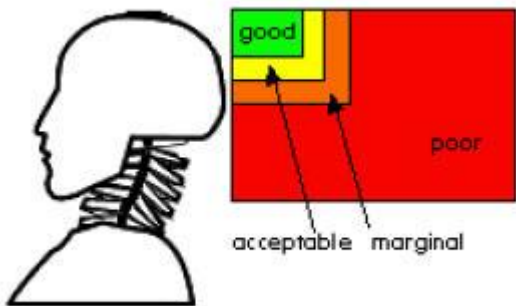


Save Your Neck Program



- **Each year nearly 3 million people suffer a whiplash injury.**
- **About one half are left with some chronic problems.**
- **About 10% become disabled.**
- **Only 25% of us correctly adjust our head restraints.**

**The Single Most Important Way to Prevent Whiplash Injury
is to
Properly Position Your Head Restraint.**



A car check is easy if you know a few important facts:

- Every inch your head sits forward of the head restraint magnifies the injury forces. Having your head forward by an additional 2 inches magnifies the force on your neck by 300%!
- If your head restraint is too low, your head can pivot over the headrest in a rear end crash. This can cause serious injury to the upper part of your neck.

Look up the Insurance Institute for Highway Safety's Head Restraint Rating for the year, make, and model of your car by going to:

www.iihs.org

Presented as a public service by:

Dr. Dale Scott
Accident & Injury Center
7940 Parallel—Suite 3
Kansas City, KS 66112
www.drdalescott.com