

HOW TO SURVIVE A ROLLOVER IN A CAR

1 Use your legs to brace your lower body.

You will have just fractions of a second to prepare for impact. Remove your feet from the pedals, placing the soles of your feet flat against the sheet metal behind the pedals. Using your leg muscles, press hard against the metal surface, as if you are on a leg press. Extend your legs as far as possible, pressing your body back into the seat.

2 Push your upper body against the seat.

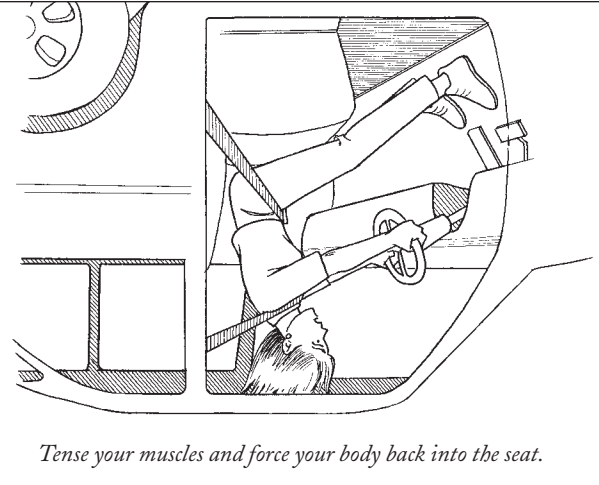
Using both hands, grab the wheel at the three and nine o'clock positions and grip tightly. Push out with your arms, pressing your torso as far into the seat back as possible. Keep your elbows tucked in to your body.

3 Secure your head and neck.

Press the back of your head and neck into the headrest as far as they will go.

4 Tense all of your muscles.

Exert as much force as possible to move your entire body back into the seat, which is your best protection during the rollover.



Tense your muscles and force your body back into the seat.

5 If the car lands upright and the engine is still running, steer the car away from obstructions or oncoming traffic.

Because they have a lower center of gravity than trucks and SUVs, cars tend to roll over completely and land on their wheels.

6 If the car lands on its roof, turn off the ignition.

Most modern cars (those manufactured after 1985) have a cutoff switch that kicks in automatically to stop fuel flow to the engine when the vehicle senses a rollover. If the engine is still running, turn it off.

7 Carefully remove your seat belt.

You will be hanging upside down, with your safety belt holding you in your seat. Brace your hands and feet against the roof before unlatching the belt.

In a single-vehicle rollover with no collision, your primary (steering wheel) air bag may not have deployed. Any side curtain air bags and head protection systems will have deployed, however, so watch for hot gas escaping from these devices.

8 **Escape from the car.**

The vehicle's steel safety cage and roll bars may have preserved the integrity of the car, keeping the doors in working condition. If you cannot open the door, crawl through the window. If the window has not been broken during the rollover and is intact, try to roll it down. If you are unable to do so, use a metal object such as a steering wheel lock to break the glass.

9 **Run.**

Move away from the car as quickly as possible in case there is a fuel leak, which could cause an explosion.

Be Aware

- SUVs and trucks have less-stringent safety standards than cars and tend to have a higher center of gravity, making them more prone to a rollover.
- The roofs of early-model SUVs and trucks may be deformed in a rollover.
- When occupants are wearing seat belts during a rollover, most injuries are to the head (from hitting the roof supports) and arms (from being flung out the windows by rollover forces). When occupants are not wearing seat belts, they will most likely be thrown from the vehicle.

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