

Seat Belts & Restraints

Overview

- You must wear a seat belt if one is fitted in the seat you're using - there are only a few [exceptions](#).
- You're also only allowed 1 person in each seat fitted with a seat belt.
- You can be fined up to £500 if you don't wear a seat belt when you're supposed to.

Children

You must make sure that any children in the vehicle you're driving are:

- in the [correct car seat](#) for their height or weight until they reach 135 centimetres tall or their 12th birthday, whichever is first
- wearing a seat belt if they're 12 or 13 years old, or younger and over 135cm tall

You can be fined up to £500 if a child under 14 isn't in the correct car seat or wearing a seat belt while you're driving.

Full details of seat belt regulations can be found at [here](#)

Child car seats: the law

The regulations that apply can be view [here](#)

Lanyards, ID Badges and Keys

There have been incidents when ID lanyards have caused injury when airbags have been deployed, so drivers and passengers are advised not to wear lanyards, ID badges or keys.