

## Traffic Safety Benefits of Appropriate Adjustment of Head Restraints

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Whiplash is the most common injury type arising from motor vehicle collisions, often leading to long-term suffering and disability [1]. Appropriately positioned geometrically suitable head restraints play an important role in protecting vehicle occupants from whiplash injury [2,3].

Previous available literature suggests that many drivers do not correctly adjust their head restraints due to a lack of awareness of the consequences of incorrect adjustment. Surveys conducted on the general population demonstrated that they were unaware of how head restraints protect them and believed that their current head restraint adjustment was adequate [4]. In general, there is a low awareness about the protective value of head restraint appropriate adjustment [5,6,1].

Based on the available literature, there is a significant lack of public awareness surrounding the proper use and correct adjustment of head restraints. It is not only the general public who are unaware of correct positioning, but also those in the medical profession [7]. Health care practitioners are well poised to play a vital role in preventing whiplash injury by educating their patients about traffic safety value of appropriate head restraint adjustment [1].

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