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Sit upright and you'll have the least chance of getting an auto injury. If you're wondering how to survive a car crash, the only thing more important than sitting upright is wearing a seatbelt. It will keep you secure and will lower your risk for serious injury. Headrests will also protect you during an accident.

[What Is the Best Position to Be Sitting in a Car During a Crash?](#)

premierinjuryclinicsofdfw : best-position-to-be-during-a-crash