CLAIMS

1. A damping member (1) comprising:
   a) at least two engagement points (2), arranged offset in relation to one another, so that they are not in alignment
   b) an absorption means adapted to absorb an impact by deformation of the absorption means, and
   c) fastening elements (3) arranged on the damping member (1),
   wherein an additional absorption means (4) is provided, which additional absorption means, together with the absorption means, provides shock absorption, **characterized** in that the damping member is designed in a heart shape or cloverleaf shape.

2. The damping member (1) as claimed in claim 1, **characterized** in that the absorption means is arranged within the damping member (1).

3. The damping member (1) as claimed in claim 1, **characterized** in that the absorption means is designed as a strap (5).

4. The damping member (1) as claimed in one of claims 1 to 3, **characterized** in that the damping member (1) has a housing.

5. The damping member (1) as claimed in claim 4, **characterized** in that the additional absorption means (4) consists of deformable parts of the housing.

6. The damping member (1) as claimed in one of claims 1 to 5, **characterized** in that the absorption means consists of at least two layers which lie one above the other.

7. The damping member (1) as claimed in claim 6, **characterized** in that the additional absorption means (4) consists of seams which connect at least two layers of the absorption means.

8. The damping member (1) as claimed in claim 6, **characterized** in that the seams run parallel in relation to one another at distances.

9. The damping member (1) as claimed in one of claims 1 to 8, **characterized** in that the fastening elements (3) are arranged at the engagement points (2).

10. The damping member (1) as claimed in one of claims 1 to 9, **characterized** in that the fastening elements (3) are designed for fastening to tubes.

11. The damping member (1) as claimed in one of claims 1 to 10, **characterized** in that the absorption means consists of an elastically deformable material.

12. A seat (10) for a land vehicle, **characterized** in that the seat (10) comprises at least one damping member (1) as claimed in one of claims 1 to 11.

13. The seat (10) as claimed in claim 12, **characterized** in that the damping member (1) is arranged between the seat (10) and a chassis (11) of the land vehicle.

14. The seat (10) as claimed in either of claims 12 and 13, **characterized** in that the seat (10) comprises at least one strap (5) and the damping member (1) is integrated into the strap (5).