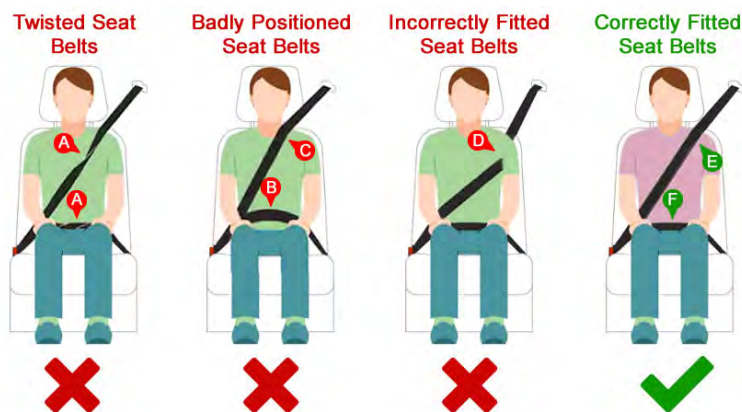


Do You Wear Your Seat Belt?

According to a survey in 2020 by the National Highway Traffic Safety Administration (NHTSA), 90.3% of people in passenger vehicles wear their seat belts. Buckling up helps keep you safe and secure inside your vehicle, whereas not buckling up can result in being totally ejected from the vehicle in a crash, which is almost always deadly. Of the 22,215 passenger vehicle occupants killed in 2019, 47% were not wearing seat belts.

Myth vs Truth

- **Myth:** If your vehicle has air bags you do not need to wear your seat belt.
- **Truth:** The safest way to ride is buckled up in a vehicle equipped with air bags. Even without an air bag, you are safer buckled up than you are with an air bag and not buckled up.
- **Myth:** Seat belts can trap you in a fire or under water.
- **Truth:** Incidents involving fire or water account for 0.5% of all crashes. But more importantly, you can't escape such dangers unless you're conscious. Wearing a seat belt gives you a much greater chance of being conscious and able-bodied.
- **Myth:** Your seat belt can hurt you in a crash.
- **Truth:** In a crash, everything in your car can cause bodily harm, but your seat belt is one of the few things that can actually save you.
- **Myth:** You're safer in a pickup truck, so wearing a seatbelt is unnecessary.
- **Truth:** For occupants in SUVs, pickups, and vans, seat belts reduce the risk of fatal injury to the driver and front seat passenger by 60%.



Correct Way to Wear a Seat Belt

- The shoulder belt away from your neck (but not off your shoulder) and across your chest (between your breasts), making sure to remove any slack from your seat belt with the lap belt secured below your belly so that it fits snugly across your hips and pelvic bone.
- **NEVER** place the shoulder belt under your arm or behind your back.
- **NEVER** place lap belt over or on top of your belly

SAFETY TALKS

The Upside of Safety



✓ SAFETYCHECK

Seat belts in vehicle are free of damages (cuts, frays, etc.)?

Seat belts buckle mechanism is in working order?

Company has a seat belt use policy?

You wear your seat belt while driving!

Company:

Location:

Presenter:

Date:

ATTENDANCESHEET

