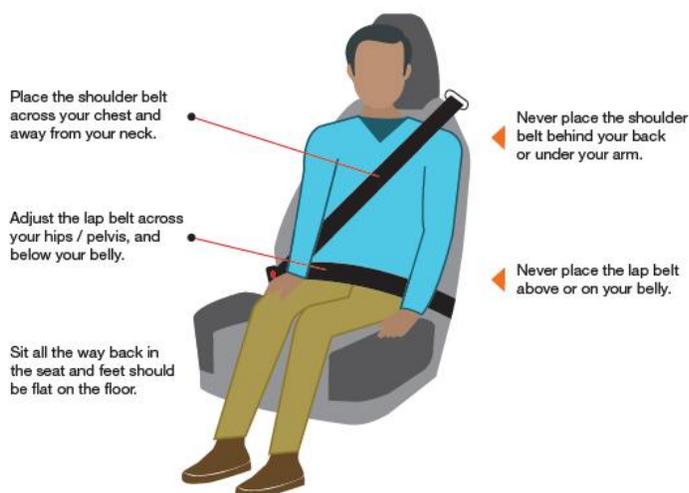


Monthly Safety Bulletin – December 2018 **Seatbelts**

The safety benefits of seat belts are clear. Wearing a seat belt is the single most effective way to prevent death and serious injury in a car crash. Drivers and passengers who buckle up are 45% less likely to die and 50% less likely to be moderately injured in a crash according to the National Highway Transportation Safety Administration (NHTSA). According to the NHTSA, more than 15,000 lives are saved each year in the United States because drivers and their passengers were wearing seat belts when they were in a road traffic crash.

By law, commercial motor vehicle (CMV) drivers must use safety belts, according to Section 392.16 of the Federal Motor Carrier Safety Regulations. Passengers in large commercial trucks must also wear safety belts.

How to Properly Wear a Seat Belt



MYTH: Safety belts prevent your escape from a burning or submerged vehicle.
FACT: Safety belts can keep you from being knocked unconscious, improving your chances of escape. Fire or submersion occurs in less than 5% of fatal large truck crashes.

MYTH: Good truck drivers don't need to wear safety belts.

FACT: Good drivers usually don't cause collisions, but it's possible that during your career you will be involved in a crash caused by a bad driver, bad weather, mechanical failure, or tire blowout. Wearing a safety belt prevents injuries and fatalities by preventing

ejection, and protecting your head and spinal cord.

MYTH: A large truck will protect you. Safety belts are unnecessary.

FACT: In 2016, 805 drivers and occupants of large trucks died in truck crashes and 393 of them were not wearing safety belts. Of the 217 drivers and occupants who were killed and ejected from their vehicles, almost 81% were not wearing safety belts.

MYTH: Safety belts aren't necessary for low-speed driving.

FACT: In a frontal collision occurring at 30 mph, an unbelted person continues to move forward at 30 mph causing him/her to hit the windshield at about 30 mph. This is the same velocity a person falling from the top of a three-story building would experience upon impact with the ground.

Test your knowledge.

1. Wearing a seat belt is the single most effective way to prevent death and serious injury in a car crash.
 - a. True
 - b. False
2. NHTSA stands for National Highway Transportation _____ Administration.
3. According to the NHTSA, more than _____ lives are saved each year in the United States because drivers and their passengers were wearing seat belts during a crash.
 - a. 1,000
 - b. 1,500
 - c. 10,000
 - d. 15,000

BE READY. BE BUCKLED.

THE SAFETY BELT PLEDGE

I will wear my safety belt because my well-being greatly affects my family and loved ones. It is my responsibility to maintain control of my vehicle. Using my safety belt is my best chance of remaining in control of my truck in a crash or emergency situation. I will always remember to buckle up.

X _____

Driver Signature

Commercial Motor Vehicle Safety Belt Partnership

Driver Name: _____

Date: _____

Driver Signature: _____