

Traffic Safety Huddle

Buckling Up

Length: 2-5 minutes

Prepare


- Read the background information.
- Bring the company's policy on safety restraints/seat belts.

Background

- In 2019, The National Highway Traffic Safety Administration (NHTSA) concluded **seat belts saved over 20,000 lives**. But over 2,500 more lives would have been saved if everyone had buckled up.
- Among adults who admit to not always using seat belts in the back seat, four out of five surveyed by the **Insurance Institute for Highway Safety** say short trips or traveling by taxi or ride-sharing services are examples of times when they don't bother to use a seat belt.
- Discussing the topic of safe buckling-up tips with employers and employees can help prevent fatalities when crashes do occur.
- Seat belts are the single most effective way to save a life and reduce injury related costs in the event of a crash.

Discussion

- According to NHTSA, the national seat belt use rate is over 90%. Believe it or not, sometimes people choose **NOT** to wear their seat belts. Maybe you're familiar with some reasons why people choose not to buckle up or know someone who doesn't use their seat belt.
- Understanding the potentially deadly consequences of not wearing a seat belt on and off the job, wearing it properly, and learning the importance of buckling up can save your life.



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Questions

Who do you think is least likely to buckle up?

- According to NHTSA, seat belt usage was lowest for pickup trucks among all types of vehicles, and men are less likely to use seat belts than women.

Now, let's see what common things people say are either Myth or Fact. Which of these statements are completely true?

Myth or Fact? My vehicle has airbags, so I'm protected enough.

- **Myth:** Airbags work *with* seat belts to protect all vehicle occupants from injury. They do not replace seat belts.

Myth or Fact? Pickup trucks are safer because they sit higher.

- **Myth:** While pickup trucks DO sit higher than other vehicles, they are at greater risk of rolling. Also, unbelted occupants are more likely to be ejected or seriously injured in a rollover crash.

Myth or Fact? Short trips, such as riding in a taxi, should be safe enough to ride with the seat belt off.

- **Myth:** Most fatal crashes occur within a 25-mile radius of home and at speeds less than 40 miles per hour*. The safest habit to form is to buckle up immediately, 100% of the time you're in a vehicle.

Myth or Fact? Your seat belt can hurt you in a crash.

- **Fact:** In a crash, everything in your vehicle can cause bodily harm. However, your seat belt is one of the only items in your car that can also save you. It is the single most effective thing you can do to protect yourself in a crash.

What are a few key things to remember about wearing your seat belt?

- Adjust your seat first.
- Do not put the shoulder strap behind your back.
- Wear your seat belt on all trips and in all seating positions.

Optional discussion

More Myth or Fact

For more opportunities to discuss common myths about seat belt use, visit: <https://www.nhtsa.gov/risky-driving/seat-belts>

Summary

- Seat belt safety can feel like a familiar topic, but these conversations are important and lifesaving.
- Even in the back seat or in a taxi, everyone should be properly buckled up on and off the job. Seat belts are the cheapest, easiest way to be safer while on the road.

* <https://www.nhtsa.gov/vehicle-safety/seat-belts>



Seat belt reminders



Adjust your seat first.

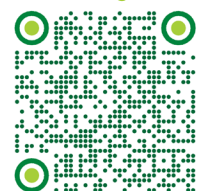


Do not put the shoulder strap behind your back.



Wear your seat belt on all trips.

Safe Driving Toolkit



Your Life Matters.