

Seat Belt Solutions

The simple act of buckling up is the easiest and least expensive way to prevent deaths and injuries in traffic crashes, both on and off the job.

Using a seat belt is essential for all occupants in every seat, both front and back.

When seat belts are used correctly, they:

- Hold the driver in place so he or she can better control the vehicle
- Keep occupants from being ejected during a crash, a leading cause of death when seat belts aren't used.
- Prevent passengers from injuring others in a crash.
- Protects occupants by helping to absorb the force of a crash as well as protecting the brain, neck & spinal cord.

Seat belt benefits:

- ✓ Keep occupants from being ejected in a crash
- ✓ Hold drivers in place
- ✓ Prevent passengers from injuring others
- ✓ Absorb the force of a crash

There are actually three types of collision that happen in a crash:

1

Your car hits an object (like another car or a tree). The faster the car is traveling, the greater the impact.



2

Your body collides with the inside of the vehicle. If you're belted, the seat belt will help absorb the force of the crash, reducing the amount a body will move and the risks of injury. But if you're unbelted, your body will keep going and collide with the steering wheel, windshield or even other passengers. If the car was traveling at 60 mph, and you or others are unbelted, then you are each traveling at 60 mph until you hit something within the vehicle to make you stop traveling. If you are belted, the seat belt should hold you in place and prevent this.

3

Your internal organs collide with other organs and bones and can cause internal damage. The seat belts keep you from moving as much, and they also reduce how much your organs will move, keeping you safer inside the vehicle.



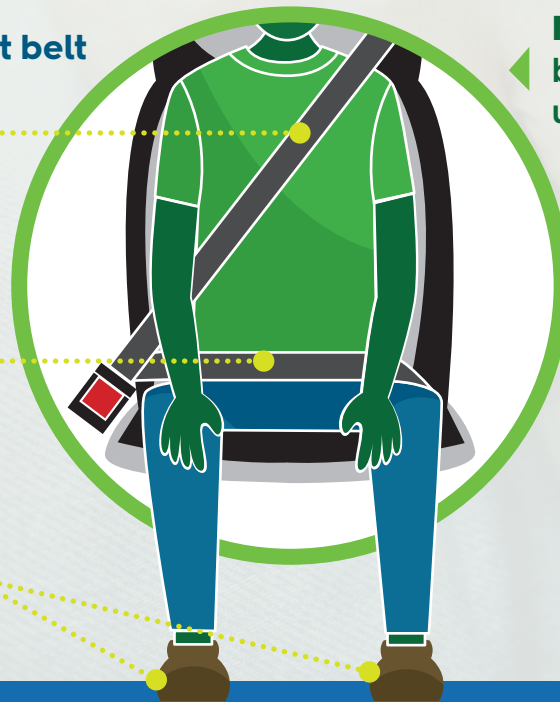
Seat Belt Solutions (continued)

How to properly wear a seat belt

Place the shoulder belt across your chest and away from your neck.

Adjust the lap belt across your hips/pelvis and below your belly.

Sit all the way back in the seat and feet should be flat on the floor.



Never place the shoulder belt behind your back or under your arm.

Never place the lap belt above or on your belly.

What employers can do

There are several actions that employers can take to increase seat belt use among employees:



1. Enact and enforce a company seat belt policy. Businesses with a written policy requiring employees to buckle up in a company vehicle or on company business have higher on-the-job seat belt usage. Employees in the habit of using a seat belt during work hours also are more likely to buckle up when they are off the clock.

2. Support law enforcement seat belt campaigns in your community. Every year, law enforcement conducts *Click It or Ticket* campaigns, which combine extensive advertising with stepped up enforcement of the state's seat belt laws. This is an ideal time for businesses to conduct a seat belt safety talk and remind employees that buckling up helps prevent serious injuries and the costly tickets.

3. Educate employees. The National Safety Council provides free resources that you can use to educate your employees with prevention campaigns.