



# Safety Belts Save Lives

As a parcel delivery driver or courier, you may use a handcart or dolly to help prevent back injuries. But without question, a safety belt is the most important safety device at your disposal. It's hard to fathom, but the National Highway Traffic Safety Administration (NHTSA) credits the use of safety belts to saving more than 12,000 American lives each year

Though some drivers may have excuses for not buckling up, such as thinking the belt is uncomfortable, the data is clear that wearing your safety belt can save your life

It is critical that when you are driving, either short distances or on long trips, you always wear your safety belt. In case of a sudden stop or crash, a safety belt will keep you secured to the seat, helping prevent injury or death that may occur from you being thrown from your seat into the steering wheel, dash, or windshield. NHTSA reported that 60 percent of all passengers killed in traffic crashes were unrestrained.

Some people mistakenly believe it's better to be thrown clear of the wreckage in the event of a crash, but this could not be further from the truth. The fact is an occupant is four times as likely to be fatally injured when thrown from the vehicle.

When you are not wearing a safety belt, your chances of being killed are almost 25 times higher if you are thrown from a vehicle in a crash. Safety belts can keep you from being thrown through the windshield, from being dragged and scraped along the ground, or from being crushed by your own truck or another vehicle.

## MYTH VS FACT

**MYTH** - It takes too much time to fasten your safety belt 100 times a day.

**FACT** - Buckling up takes about three seconds. Even buckling up 100 times a day requires only 5 minutes.

**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 by protecting your head and spinal cord.

**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.

## TAKE THE 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.