



## Seat Belts: Solutions & Resource Links

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.

### Seat belts bring many benefits when used correctly because they:

- Keep occupants from being ejected in a crash, a frequent cause of death when people aren't properly secured.
- Hold the driver in place so he or she can better control the vehicle.
- Prevent passengers from becoming unsecured missiles and harming others in the car.
- Protect drivers and passengers by helping absorb the force of a crash.

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

- First, your car hits an object (like another car or a tree). The faster the car is traveling, the greater the impact.
- Second, 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.
- Third, 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.

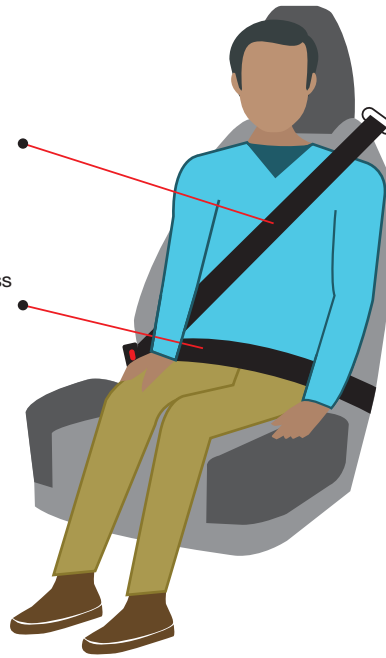
Did you know there are actually three crashes in a crash?

## 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. According to NIOSH, mandatory use of seat belts is the single most important driver safety policy that employers could implement to reduce the number of workers killed or injured in on-the-job crashes.
- 2. Support law enforcement seat belt campaigns in your community** – Several times a year, law enforcement in most states conduct 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 expensive tickets.
- 3. Educate employees** – NSC provides resources that you can use to educate your employees with prevention campaigns.



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A close-up photograph of a hand buckling a seat belt. The hand is positioned over the red and black plastic buckle, which is attached to a black seat belt strap. The background is blurred, showing the interior of a vehicle.

## Prevention Resource Links

**National Safety Council Safe Driving Kit** – You can use materials in this Safe Driving Kit to educate employees, as well as materials and trainings offered on our web site at <http://www.nsc.org>.

**2Seconds2Click** – The Network of Employers for Traffic Safety (NETS) partnered with the National Highway Traffic Safety Administration to create a free online seat belt toolkit. The kit includes a communication plan for a six-week worksite seat belt usage campaign. Materials are located at <https://2seconds2click.org/>

**Be Ready. Be Buckled.** – The Federal Motor Carrier Safety Administration (FMCSA) has materials available for educating truck drivers at <https://www.fmcsa.dot.gov/safety/safety-belt/be-ready-be-buckled-outreach-and-education-materials>

While seat belt use is top of mind, don't forget to properly restrain passengers of all ages. For more information about properly restraining infants and children, please visit: <https://www.safercar.gov/parents/SeatBelts/Seat-Belt-Safety.htm>.



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