

Arming the transportation industry with safety solutions

## Seat Belt Safety

Each year, thousands of Americans die or are seriously injured in motor vehicle crashes because they fail to wear safety belts. But the good news is...belt use is on the rise. The latest Federal Motor Carrier Safety Administration (FMCSA) data shows that 78 percent of commercial truck and bus drivers wore seat belts while operating behind the wheel. This represents a 20 percent increase in seat belt usage compared to just a few years ago. Said the U.S. Transportation Secretary, "Safety belts save lives and we applaud those who are buckling up, but we won't rest until every commercial driver is using a safety belt."

### LISTEN TO THE EXPERTS

The *Commercial Vehicle Safety Alliance* believes a seat belt is the single most important vehicle safety device in protecting it's occupants and preventing deaths and injuries.

The *American Trucking Association* believes a person who uses a seat belt maintains better control of a vehicle in a crash sequence and can prevent or minimize the occurrence.

According to the *Federal Motor Carrier Safety Administration*, 51% of truck-occupant fatalities in large trucks involve a rollover. Rollover in a large truck increases the likelihood of fatality by 30 times. In a rollover, a truck driver is 80% less likely to die when wearing a seat belt.

The *Truck Manufacturers Association* states that keeping the driver inside the cab is the only way to benefit from the protection a modern cab offers and that wearing a seat belt in the truck is the best protection against ejection from the cab.

The *National Safety Belt Coalition* says that during a crash, properly fastened seat belts distribute the forces of rapid deceleration over larger and stronger parts of the body, such as the chest, hips and shoulders. The seat belt stretches slightly to slow down your body and to increase its stopping distance. The difference between the belted person's stopping distance and the unbelted person's stopping distance is significant. It is often the difference between life and death. The unbelted person becomes a projectile and loses the protection built into the vehicle

unless the driver uses the seat belt to keep his or her body in the protective cocoon of the vehicle.

### IT'S NOT ONLY SAFE, IT'S THE LAW

The vast majority of truckers are true professionals, and wouldn't think of pulling onto the highway without properly securing their load. Unfortunately, too many are still failing to secure their most valuable cargo...themselves. Professional drivers are urged to be out front, setting the example for other truckers and for all the motoring public to buckle up.

Surveys show various reasons why drivers, including CMV drivers, don't buckle up: They don't like them, they're too much trouble, they're uncomfortable, they are worried about being trapped, or being forced to wear one infringes on their personal freedom. Regardless of the reason, the fact is, it's the law.

In accordance with Section 392.16 of the Federal Motor Carrier Safety Regulations (FMCSR), a CMV which has a seat belt assembly installed at the driver's seat shall not be driven unless the driver has properly restrained himself/herself with the seat belt assembly. In other words, as long as the vehicle is equipped with seat belts, FMCSRs require commercial motor vehicle drivers to wear their seat belt.

### TAKE THE SAFETY BELT PLEDGE

Driving a 40-ton truck or a bus full of people is a big responsibility. Drivers owe it to themselves and others to wear a safety belt every time they get behind the wheel. If everyone buckled up, thousands of lives could be saved annually. It's one of the best habits a driver can get into. Take the pledge:

"I will wear my safety belt because my wellbeing 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."



March, 2020  
*The Shield*  
Seat Belt Safety  
Quiz



Driver Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Please Print

Driver Signature: \_\_\_\_\_

Please circle one correct answer for each question.

1. Present seat belt use has increased by what percentage from just a few years ago?
  - a. 2%
  - b. 20%
  - c. 12%
  - d. None of the above
2. In a rollover, a truck driver is \_\_\_\_\_ less likely to die when wearing a safety belt.
  - a. 8%
  - b. 51%
  - c. 80%
  - d. None of the above
3. Which of the following is not listed above as a reason for not buckling up?
  - a. Too much trouble
  - b. Not cool
  - c. Uncomfortable
  - d. None of the above
4. What is the only way for a driver to benefit from the protection a modern cab offers?
  - a. Keeping the driver inside the cab
  - b. Keeping the windows closed
  - c. Keeping the radio off
  - d. None of the above
5. There is little difference between the belted person's stopping distance and the unbelted person's stopping distance.
  - a. True
  - b. False

