



BUCKLING UP

TSH 01 • OCT 2020

LENGTH 2–5 minutes

TO PREPARE Read the background information.

Bring the company’s policy on safety restraints/seat belts.

BACKGROUND

- In 2017, The National Highway Traffic Safety Administration (NHTSA) concluded seat belts saved nearly 15,000 lives. “But nearly 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 costs.

DISCUSSION

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



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 along with seat belts to protect all vehicle occupants from injury. They do not replace seat belts.



MYTH OR FACT? *Pick-up trucks are safer because they sit higher.*

- **Myth:** While pick-up trucks DO sit higher than other vehicles, they are at greater risk of rolling. Also, the driver loses control of the vehicle more easily if not wearing a seat belt.

MYTH OR FACT? *Short trips, such as riding in a taxi-cab, should be safe enough to ride with the seat belt off.*

- **Myth:** Most fatal crashes happen within a 25-mile radius of your home and at a speed 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.

OPTIONAL DISCUSSION

More Myth or Fact

For more opportunities to discuss common myths about seat belt use, visit the link below:

<https://www.nhtsa.gov/risky-driving/seat-belts>



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

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

SUMMARY

- We all like to avoid awkward conversations, but discussions that bust myths about seat belts can save lives.
- Even in the back seat and taxi cabs, 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.