Belt Yourself for Safety

WHAT'S AT STAKE?

You've heard it before and you'll hear it again because it's a fact – seatbelts save lives. A high percentage of all work-related fatalities each year are caused by motor vehicle crashes. Many of these deaths could have been avoided if the drivers and passengers in these vehicles had been belted in.

WHAT'S THE DANGER?

Industries with the largest number of traffic deaths are transportation, public utilities, trucking and government service. But any company which has employees driving on business can experience these tragedies. The key to prevention is employee awareness and following of the rules.

EXAMPLE

Here's a true story of a worker who learned the value of wearing his seatbelt:

This worker was delivering packages in a city late at night and decided to use the freeway. Just as he pulled onto the freeway to head out of town, he noticed headlights coming directly at him. He attempted to avoid the oncoming car, but failed as it hit his car head-on. The other car's unbelted driver was thrown through both windshields and died in the belted worker's back seat. The belted worker only suffered bruises where the seatbelt had tightened across his chest.

HOW TO PROTECT YOURSELF

Consider these safety points when you are driving or riding in a company vehicle:

 Have you been properly trained to drive the particular vehicle? If not, talk to your

- supervisor. You must have the required training before you get behind the wheel of any vehicle, whether it be the company truck or the company forklift.
- Are you provided with periodic refresher training? Ask for more training if you are uncertain about anything regarding your vehicle.
- Is there an enforced seatbelt policy in addition to seatbelt laws? Get in the habit of wearing seatbelts on or off the job. Before you know it, you will be strapping on your seatbelt without even thinking about it.
- Is there an enforced speed control program? If you are not sure, ask.
- Is there a ban on cellphone use while driving?
- Are weather and traffic warnings given before you set out on a job?
- Are hours of operation and dispatching times reasonable? If you think they are not, it's up to you to bring your concerns forward.

FINAL WORD

Finally, do you understand and care about the reasons for wearing seatbelts? Seatbelts are in your vehicle for a reason – to protect you. Putting on your seatbelt takes a second of your time. That second could very well save your life.

QUIZ

- 1. Seatbelt use saves lives.
 - o True
 - False
- 2. Excessive speed kills, so it is important to observe legal and company speed limits.
 - o True
 - False
- 3. Seatbelts must be used in connection with rollover protection structures (ROPS) on vehicles and mobile equipment.
 - o True
 - False
- 4. Workplace traffic deaths occur only in a few industries.
 - o True
 - o False
- 5. Seatbelt use in vehicles is optional, depending on the speed and distance travelled.
 - o True
 - o False

BEFORE THE TALK - TIPS		AFTER THE TALK- CHECKLIST		
1.	It's unlikely that seatbelt subject is a new one for any of your workers. Use this safety talk as a springboard for group discussion.	PROVIDED FOLLOW-UP TO WORKERS THAT DID POORLY ON THE QUIZ		
2.	Check with your company safety office for reports of fatalities or injuries involving failure to use seatbelts.	NAME:		
3.	Do your workers operate mobile equipment? Review your company's policies about seatbelt use on forklifts and other motorized equipment.	OBSERVED WORKERS TASK(S):		
4.	Poll your crew to find out who has stories about lives saved and injuries prevented because seatbelts were used.	DATE:		
5.	During the discussion period, listen carefully to see if anyone mistakenly believes there are exceptions to the seatbelt rules. Frequent stops,	TOPIC(S):		
	low speeds, presence of a rollover protection structure (ROPS) are sometimes used as excuses for failure to wear seatbelts.	OTHER (DESCRIBE):		
6.	Remember that any discussion of seatbelts includes using the entire three-point occupant restraints provided in the vehicle. "Seatbelts" is a	MEETING DATE: LOCATION:		
7.	short way of saying this. This safety talk contains a checklist of other safety considerations for operating and riding in a motor			
	vehicle. Discuss each one with your workers.			
NOTES				
_				
_				
_				
_				
_				
_				

ANSWERS:

- 1. True
- 2. True3. True

- 4. False
- 5. False



ATTENDANCE				
INSTRUCTOR:	DATE:			
SAFETY TALK:				