

Seat Belt Use

Objective: To assure that employees understand the importance of using seat belts at all times when operating or riding in moving vehicles

Always wear your seat belt. Thousands of lives are lost each year in vehicle accidents where the driver or passenger is not wearing a seat belt. The sudden reduction in speed is what kills or injures motorists, not the speed itself: even a low-speed collision or sudden stop can throw vehicle occupants forward with enough force to cause severe injury or death.



Seat Belts Prevent Passenger Ejections

Passengers are **25 times** more likely to be ejected from the vehicle if they do not wear safety belts.

Wearing your seat belt prevents you from being tossed about the passenger compartment or ejected from the vehicle. Additionally, drivers wearing seat belts will be kept in position to attempt to regain control of the vehicle.

Protect Yourself Wherever You Are

- The majority of fatal accidents occur **within 25 miles** of the driver's home.
- More injuries occur:
 - In cities and towns.
 - At low speeds.
 - On short trips.
- **The length or distance of your trip should not dictate your seat belt use:** it should be worn as long as you are in the vehicle and it is moving.
- If you need to adjust your seat belt, retrieve an item out of your reach, or take a break from being strapped in, **pull off the road to a safe place.** Just be sure to buckle back up before getting back on the road.

Seat Belt Use

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____ Date: _____

Trainer: _____ Trainer's Signature: _____

Class Participants:

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

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