

# TRASHCAN TALK

Employee Safety Communication

## Seat Belt Safety

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As a commercial truck driver, it is **your responsibility** to maintain as many safety standards as possible. One of the most important things that a truck driver can do is wear their seat belt. Without this important form of protection, there is a large chance that you will not survive an accident.

Many bad truck accidents begin as minor collisions. If the truck driver is not wearing their seat belt, it can quickly become a dangerous and major accident. During an accident/collision, **you must remain seat belted** in order to maintain control of your vehicle.

**The 3 Impacts:** When you are involved in a collision, there are three impacts that happen every time—

1. Collision of your vehicle with another vehicle.
2. Your body striking the interior of the car.
3. Your internal organs striking the interior of your body.

Vehicles are now designed to crush in a pattern, so that it will insulate your body from a major portion of the impact. **If you are belted in, you become a part of the vehicle & are less likely to be injured.**

### Common misconceptions about seat belts:

- **You can brace yourself for an impact.** If you multiply your weight by the speed of the vehicle, it equals the amount of force that will be applied when you are thrown from the vehicle during the collision. It is impossible to brace yourself for any collision and remain in the car if you are not seat belted in.
- **A safety belt will not allow you to survive a crash involving fire or a body of water.** Less than half of 1% of all accidents involve fire and water – and if you did not have a seat belt on, you would be unconscious from the impact of your body with the inside of the vehicle.

- **It is better to be thrown from the vehicle.** You have a 25x greater chance of being killed by being thrown the vehicle. If you remain in the vehicle and have your seat belt on, you are more likely to have minor injuries or remain unharmed.
- **Air bags are an alternative for seat belts.** Air bags do not replace the need for seat belts. They supplement them instead – air bags do not provide any protection from side impacts.

**Failure to wear a seat belt by a driver of a commercial motor vehicle is a serious violation. It is a 7 point weight on the driver SMS and an additional 7 point weight on the company's SMS for the FMCSA's Compliance, Safety & Accountability.**



### \*Wear your Personal Protective Equipment\*

- gloves
- high visibility safety vest
- safety glasses
- safety boots
- hearing protection
- head protection
- dust masks and respirators
- harnesses and lanyards
- work clothes

**\*REQUIRED BY LECK AT ALL DUMPS\***

**Safety starts here!**