



SmartDrive Camera Series: How To Not Be Famous

Seat Belts

Focus- On wearing your seat belt properly while driving. If an event is triggered, it is a coaching item. It is also one of the simplest choices a driver/ passenger can make to avoid serious injury.

Company Policy and The Federal Motor Carrier Safety Administration (FMCSA) Regulations require commercial drivers to wear a seat belt while driving. (49 CFR 392.16)

- **In 2006**, according to the federal agency, 703 large truck drivers died in accidents, and 340 out of those fatalities were not wearing seat belts at the time of the accident **(48%)**.
- **In 2012**, 697 truckers died in crashes, the Center for Disease Control (CDC) said, and 26,000 were injured — numbers that could have been much lower had seatbelts been worn, the agency says.
- Approximately **52%** of all truck driver fatalities in accidents involved a truck rollover. A truck driver who is involved in a rollover accident is approximately **30 times** more likely to be killed. A driver who is killed in a rollover accident is also approximately **80% less likely** to be wearing a seatbelt.
- Many commercial drivers avoid wearing seatbelts because they believe that these are uncomfortable and restrict movement. In fact, truck drivers will find that if they adjust the seat, lap and shoulder belt, seatbelts are fairly comfortable, and also do not restrict movement.
- Another common reason that truck drivers cite for not wearing a safety belt, is that seatbelts will prevent them from leaving the truck during a fire or other emergency. The fact is that seatbelts can actually help restrain you, and help prevent you from becoming unconscious during an accident. This helps increase your chances of escaping from the truck during a fire.

Anticipate- Each year, the chance of being in a serious accident rises, as more inexperienced and distracted drivers are out on the road. **In 2016**, unbelted deaths increased by 4.6 percent.

- Good drivers usually don't cause collisions, but it's possible that during your career you will be involved in a crash caused by a bad driver, bad weather, mechanical failure, or tire blowout. Wearing a safety belt prevents injuries and fatalities by preventing ejection, and by protecting your head and spinal cord.

Correct- Make sure the belt is worn properly. Failure to wear the belt properly is equal to not wearing it at all, in the eyes of the law.

- The lap and shoulder belt design has been proven to hold a driver securely behind the wheel in the event of a crash, greatly increasing the driver's ability to maintain control of the vehicle and minimizing the chance for serious injury or death.

Talk- Report defective seat belts **IMMEDIATELY** to Transervice! **Return Home Safely!**