

BUCKLE UP!

Many drivers fail to buckle their seat belts, rationalizing that they're a nuisance, uncomfortable or not necessary for the type of driving they encounter. However, there are loads of statistics that prove seat belts save lives and prevent injuries. As a professional driver, safety is of utmost importance for you and your employer. In fact, non-fatal crash injuries resulted in more than \$50 billion in lifetime medical and work loss costs in 2012.*

SEATBELTS CAN HELP YOU AVOID

- ▶ Being bounced around the inside of your vehicle after a crash. Even sudden stops without a collision can severely jolt unrestrained drivers.
- ▶ Being thrown from the vehicle onto pavement, into an embankment or over an overpass or bridge.
- ▶ The risk of being knocked unconscious which becomes an even greater risk to your safety if your vehicle is in water or catches fire and you are unable to vacate the vehicle.
- ▶ Injuries from non-crash situations such as potholes, bumps, dropping off the edge of the road, sudden maneuvers or loss of vehicle control.

WEAR IT WELL:

- ▶ Fasten your belt snugly EVERY time you get into a vehicle.
- ▶ Wear it low, so the bottom edge is tight across the top of the thighs. Impact pressure should be taken at the hip joints and dispersed over the pelvic area - never across the abdomen.

**<http://www.cdc.gov/Motorvehiclesafety/seatbelts/facts.html>*

PROTECT YOURSELF AND YOUR EMPLOYER BY BUCKLING UP EVERYTIME YOU DRIVE.

