

**F**or **Y**our **D**riving



## Doesn't Matter How Far, Just Buckle Up!

According to the National Highway Transportation Safety Administration, lap-shoulder belt systems reduce the risk of fatality and serious injury by 50 percent when used by drivers and front-seat passengers. A seat belt prevent serious injuries in five ways:

1. Keeps the occupants inside the vehicle.
2. Restrains the strongest parts of the body. Restraints are designed to contact your body at its strongest parts.
3. Spreads out any force from the collision. Lap-and-shoulder belts spread the force of the crash over a wide area of the body.
4. Helps the body to slow down.
5. Protects the brain and spinal cord.

According to a 2008 Seat Belt Usage Study, seat belt usage by passengers in commercial vehicles had risen to 61%. Drivers of major fleets were more likely to wear a seat belt than owner/operators. Major fleet drivers used seat belts 75% of the time versus 62% for owner/operators. An interesting trend was also found regionally. The study reported that west coast drivers were 20% more likely to wear seat belts than drivers in the Northeast. Seat belt usage was higher in urban areas more than rural areas, and usage was higher during weekends than on weekdays. Seat belt usage was also commonly found more often in areas that had faster traffic. Despite the increase in seat belt usage we can do better.

*It only takes a few seconds to buckle up. Why wouldn't you?*

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