

Safety Belt Tips

Always take time to buckle up.

It takes less than three seconds to buckle up. Even at 20 times a day, that's less than a minute.

Remember, wearing a safety belt isn't an option; it's the law.

Federal regulations require commercial vehicle drivers to buckle up.

Don't think because you are in a large truck you have enough protection.

Safety belts are proven to prevent serious and fatal injuries among truck drivers and their occupants when involved in a crash.

Wear safety belts, even when driving at a slow speed.

In a crash at 30 mph, an unbelted person will hit the windshield at the same velocity of a person falling to the ground from the top of a three-story building.

Improve your chances of survival in the event of a crash.

Should your vehicle crash, safety belts can keep you from being knocked unconscious, improving your chances of escape.

Safety belts prevent you from being ejected from your vehicle.

Drivers and occupants are four times as likely to die when thrown from a vehicle.

Good drivers always wear safety belts.

Good drivers know that crashes can happen to anyone; wearing a safety belt means you are always ready for the unexpected.

Use your safety belt 100% of the time.

Crashes can happen to anyone at any time; wearing a safety belt means you will always be ready for the unexpected.



U.S. Department of Transportation
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www.fmcsa.dot.gov/safetybelt

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