

## Idealease Safety Bulletin

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## **Question of the Week**

Is it a requirement of the Federal Motor Carrier regulations for a driver to wear a safety belt while driving a commercial motor vehicle?

Answer: FMCSR 396.16 requires a driver to wear a safety belt while in operation of a Commercial Vehicle.

## 50th Anniversary of the Three-Point Safety Belt

This year marks 50 years since Volvo introduced the three-point safety belt an invention that has saved more lives in traffic than any other technical feature. The three point safety belt is now a required safety feature in all motor vehicles. In 2008 the Federal Motor Carrier Safety Administration (FMCSA) conducted a

Seat Belt Usage Study and found that 72 percent of commercial of medium and heavy-duty commercial vehicle drivers use safety belts. This figure marks an increase of 7 percentage points from 65 percent in 2007 and 54 percent in 2005.

Other key findings in the 2008 Seat Belt Usage Study include:

- A rise in safety belt use among passengers of commercial motor vehicles to 61 percent;
- Professional truck drivers for major regional or national fleets showed higher usage at 75 percent, versus 62 percent for independent owner-operators;
- Regionally, safety belt usage rates for truck drivers and their occupants were highest at 81 percent in the West compared to 77 percent in the South, 60 percent in the Midwest, and 56 percent in the Northeast;
- Safety belt usage for both drivers and occupants was higher at 80 percent in States that had primary belt use laws than 64 percent in States with secondary belt use laws;
- Commercial motor vehicle drivers and their occupants had higher safety belt usage rates on weekend days over week days, higher usage rates in urban areas over suburban or rural areas, and higher usage rates in faster traffic over slower traffic.
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## **Safety Belt MYTHBUSTERS**

**MYTH 1:** Safety belts are uncomfortable and restrict movement.

**FACT:** A 2005 Transportation Research Board study on commercial drivers' safety belt usage found many drivers do not find wearing safety belts to be uncomfortable or too restrictive of their movements. Once they correctly adjust the seat, lap and shoulder belt, most drivers find that discomfort and restrictive movement can be alleviated.

MYTH 2: Wearing a safety belt is a personal decision that doesn't affect anyone else.

**FACT:** Not wearing a safety belt can certainly affect your family and loved ones. It can also affect other motorists since wearing a safety belt can help you avoid losing control of your truck in a crash. It's the law; Federal regulations require commercial vehicle drivers to buckle up.

MYTH 3: Safety belts prevent your escape from a burning or submerged vehicle.

**FACT:** Safety belts can keep you from being knocked unconscious, improving your chances of escape. Fire or submersion occurs in less than 5% of fatal large truck crashes.

**MYTH 4:** It's better to be thrown clear of the wreckage in the event of a crash.

**FACT:** An occupant of a vehicle is four times as likely to be fatally injured when thrown from the vehicle. In 2004, 168 truck drivers died when they were ejected from their cabs during a crash.

MYTH 5: It takes too much time to fasten your safety belt 20 times a day.

FACT: Buckling up takes about three seconds. Even buckling up 20 times a day requires only one minute.

MYTH 6: Good truck drivers don't need to wear safety belts.

**FACT:** 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.

MYTH 7: A large truck will protect you. Safety belts are unnecessary.

**FACT:** In 2004, 634 drivers of large trucks died in truck crashes and 303 of those drivers were not wearing safety belts. Of the 168 drivers killed who were ejected from their vehicles, almost 75% were not wearing safety belts.

MYTH 8: Safety belts aren't necessary for low-speed driving.

**FACT:** In a frontal collision occurring at 30 mph, an unbelted person continues to move forward at 30 mph causing him/her to hit the windshield at about 30 mph. This is the same velocity a person falling from the top of a three story building would experience upon impact with the ground.

**MYTH 9:** A lap belt offers sufficient protection.

**FACT:** 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.

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