

Safety Talk



These programs offered by the Utah Safety Council offer practical strategies to reduce collision related injuries and fatalities on Utah roadways.

5 MINUTE SAFETY TALK: THE TRUTH ABOUT SEAT BELTS

This safety talk can be used along with the corresponding PowerPoint presentation or on its own.

Title Slide- NETS: The Truth about Seat Belts

Slide 2

By what percent to seat belts reduce your risk of injury or death in a crash?

Slide 3 - The Facts

- Seat belts reduce your risk of injury or death in a crash by about 50%.
- It's estimated that over 100 Utahans are saved by seat belts each year.
- It's the law to buckle up in Utah, but at least 17% Utahns still aren't doing it.

Slide 4

Maybe they believe in these myths...

Slide 5 - Myth

- I don't have to wear my seat belt because my car has air bags.

Slide 6 - Fact

- Air bags do not replace your seat belt; they are intended to work WITH your seat belt.
- Air bags deploy at approximately 200 miles per hour. If you're not properly belted, it could kill you.

Slide 7 - Myth

- I don't need to buckle up when I'm driving somewhere just a few minutes away or I'm not driving very fast.

Slide 8 - Fact

- 75% of all crashes occur within 25 miles of a person's home.
- 80% of deaths and injuries occur in vehicles traveling 40 mph or less.

Slide 9 - Myth

- My seat belt will trap me in the car if it catches on fire or goes under water.

Slide 10 - Fact

- Less than .05% of crashes involve fire or submersion, so your chances of that are highly unlikely.
- Your seat belt will help prevent you from being knocked unconscious so that you could even have the chance to escape.

Slide 11 - Myth

- It is better for me to get thrown clear out of my car than to be in it when a crash occurs.



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Slide 12 - Fact

- You are four times more likely to die if thrown out of your car, either from traveling through the windshield, hitting the ground, or getting crushed by another vehicle.

Slide 13 - Myth

- I'm a really good driver. I don't need to wear my seat belt.

Slide 14 - Fact

- You may be a good driver, but not everyone on the road is. Prepare for others' mistakes, and wear your seat belt.

Slide 15 - Myth

- I know someone who was killed because they wore their seat belt.

Slide 16 - Fact

- They were not killed because they wore their seat belt; they were killed despite wearing their seat belt.
- Some crashes are so severe that wearing a seat belt may not save you, but it is still best to always wear it because those crashes are very rare.

Slide 17 - Myth

- I would rather die from not wearing my seat belt than live disabled or with injuries for the rest of my life.

Slide 18 - Fact

- This is a bad attitude to have because choosing to not wear a seat belt does not only affect you.
- You become a projectile and can kill others both in and out of the car by not wearing your seat belt.

Slide 19

- No matter the myth, the truth is SEAT BELTS SAVE LIVES