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

**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