

October 9, 2017

Seatbelts: Myths & Facts

Wearing a seatbelt at all times is critical when you're behind the wheel. Below is a list, provided by the Federal Motor Carrier Safety Administration (FMSCA), which states several myths – followed by the facts – regarding seatbelt usage among commercial drivers.

Myth: Seatbelts restrict movement.

Fact: The FMSCA notes that, when worn properly, most commercial vehicle drivers have no problem wearing a seatbelt.

Myth: It's safer not to wear a seatbelt in the event you need to evacuate from your vehicle during fire or submersion.

Fact: Wearing a seatbelt can help prevent you from being knocked unconscious in the event of a crash, therefore helping to improve your chances of escape and assisting passengers escape.

Myth: Buckling a seatbelt multiple times a day is a waste of time.

Fact: It only takes about three seconds to buckle up.

Myth: Safe drivers don't need them.

Fact: Even good drivers sometimes find themselves in crash situations due to other drivers, bad weather, tire blowouts or mechanical failure.

Myth: You don't need to wear a seatbelt if you are driving slowly.

Fact: Let's say you are driving 30 mph without a seatbelt on and you are involved in a crash and hit the windshield. The FMSCA states that hitting the windshield at this speed "is the same velocity a person falling from the top of a three-story building would experience upon impact with the ground."