



SEAT BELTS AT WORK

TOOLBOX TALK SERIES – VEHICLE AND EQUIPMENT SAFETY

February 2025

Objective:

To emphasize the importance of seatbelt use in workplace vehicles and ensure all employees understand the safety benefits of buckling up.

1. Introduction (Show the Video)

- **Start by showing the video:** [Seatbelt Safety in the Workplace](https://youtu.be/VYQstUiC334?si=biY_BXkFPYNqa7dp) (https://youtu.be/VYQstUiC334?si=biY_BXkFPYNqa7dp)
 - This video highlights the real risks and consequences of not wearing a seatbelt in workplace vehicles. It's a powerful visual reminder of why seatbelt use is non-negotiable.
 - After the video, pause for a moment to let the impact sink in.

2. Discussion and Key Points from the Video

- **Reflection on the video:**
Ask your team:
 - What did you notice in the video?
 - Why do you think wearing a seatbelt was the key factor in preventing injuries or fatalities?
- **Key takeaways:**
 - **Seatbelt use is critical** in reducing the risk of injury or death in accidents, even at low speeds or on short trips.
 - **The consequences of not wearing a seatbelt** can be severe, including ejection from the vehicle, severe injury, or worse.
 - **It's not just for drivers** – everyone in the vehicle should be buckled up, whether they're in the front seat or the back seat.

3. Why Seatbelt Use is Essential in the Workplace

- **Protects workers from injury:**
Seatbelts are proven to reduce the severity of injuries during vehicle crashes. They help keep you in the seat during sudden movements, preventing ejection and reducing the impact forces on your body.



- **Legal requirement:**
Wearing seatbelts is the law. Failing to wear a seatbelt can lead to fines, but more importantly, it can lead to serious harm or even death.
- **Safety culture:**
As workers, we all play a role in creating a culture of safety. By consistently wearing seatbelts, we set a positive example for our coworkers and ensure that safety is a top priority in every situation.

4. How to Properly Use a Seatbelt

- **Adjust the seatbelt for a proper fit:**
The seatbelt should cross over the shoulder and chest, not the neck, and should fit snugly across the lap. Make sure it is not twisted.
- **Ensure every passenger is wearing a seatbelt:**
Before driving, check that all passengers in the vehicle are properly buckled up. Never start driving until everyone is secured.
- **No exceptions:**
Even if you're driving a short distance or on a private road, always wear your seatbelt. Accidents can happen at any time, and wearing a seatbelt is a simple, effective safety measure.

5. Consequences of Not Wearing a Seatbelt

- **Increased risk of injury or death:**
The video demonstrated how quickly accidents can occur and how easily unbelted passengers can be thrown around the vehicle or ejected.
- **Employer liability:**
Employers are responsible for ensuring the safety of their employees, and failing to follow safety protocols—like wearing seatbelts—can have serious legal and financial consequences for the company.
- **Real-life case examples:**
Share any relevant incidents (without violating confidentiality) where injuries or fatalities occurred due to lack of seatbelt use. Real-world stories can drive home the importance of this simple step.





6. Action Plan: How to Make Seatbelt Use a Habit

- **Lead by example:**
As supervisors and team members, always wear your seatbelt and remind others to do the same.
- **Check vehicle seatbelts regularly:**
Ensure that all vehicles used in the workplace are equipped with functional seatbelts. If a seatbelt is broken, it should be reported and repaired immediately.
- **Policy for seatbelt use:**
Make sure every employee understands and follows this policy. This is mandatory and not an option. Defeating the seatbelt, or not wearing your seatbelt violates policy.
- **Encourage open discussion:**
Encourage team members to speak up if they see unsafe behaviors or if someone isn't wearing their seatbelt. Everyone has a role in keeping each other safe.

7. Conclusion

- Reiterate the importance of wearing seatbelts in all work-related vehicle travel.
- Thank everyone for their attention and participation. Remind them that seatbelts are the easiest way to protect themselves and their coworkers from unnecessary harm.
- **Action:** As we wrap up, please take a moment to check your seatbelt and ensure that you're always wearing it every time you get in a vehicle.

