

Western Route Safety Hour Topic

Seat belt Safety

2016



In an accident, any of these can stop you.

Welcome to your safety hour. This edition focusses on seat belts.

Driving is the most dangerous work activity that most of us do. Around 150 people are killed or seriously injured weekly on the roads in the UK.

During the working week, casualty rates peak at 0800 and 1700. During the winter months when the morning and evenings are darker and the weather is worse the number of road casualties rise.

Wearing a seat belt is the law, and one of our Life Saving Rules. If someone in your vehicle hasn't belted up intervene and care for their safety.

Did you know?

In England 95% of drivers wear a seat belt compared with only 69% of drivers in vans, lorries, buses, coaches and mini buses.

Male car drivers had a lower wearing rate of 93% compared with 98% of female drivers

All of the safety features in the vehicle you travel in were tested with the assumption you would be wearing a seat belt. Without a seat belt, those safety features are not designed to work.

What are the consequences?

- You are TWICE as likely to die in a collision if you do not wear a seat belt.
- Having a collision at 25mph has the same impact as falling from a two story building. At 40mph the impact is six stories!
- In a 30mph collision, an adult rear seated passenger without a seatbelt is thrown forward with the force of 3.5 tonnes (the weight of an elephant!)
- If you are caught not wearing a seatbelt you could be fined up to £500.

Discussion points

Please discuss the following questions in your safety hour group:

1. How could you influence other drivers and/or passengers to wear their seat belt?
2. What could prevent people from complying with wearing a seatbelt?
3. Has discussing seat belt wearing led you to reconsider your own behavior?

We can all make a difference

- Please agree in your group what you will do differently as a result of your safety hour discussion today...
 - ...As an individual employee?
 - ...As a team member?
 - ...As a team leader, supervisor or manager?
- How will you hold each other to account for what you have agreed to do?

Western Route is committed to ensuring every one of us goes home safely at the end of every day

For further information regarding Western Safety Hour including topics and a calendar of scheduled safety hours see our Share Point Site:

<http://oc.hiav.networkrail.co.uk/sites/whsh/Pages>