



Top **10** Reasons Commercial Motor Vehicle Drivers

**Should Always
Buckle
Up!**



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10. If buckled up you can be sure of staying at the wheel and in control of the vehicle. This increases your ability to properly react to any situation and pose less of a threat to other drivers.
9. The extra equipment in commercial vehicles such as radios, tachometers and onboard computers can contribute to your chances of being injured during a crash if you are not properly buckled up.
8. It's a federal and state law.
7. Good drivers usually do not cause collisions, but they are often involved in crashes caused by other drivers. If you are in a crash, safety belt use can save your life and prevent long-term disability.
6. You drive more miles than the average person and are on duty for long periods of time. Driving for extended periods of time or in heavy traffic can be stressful and your awareness can be reduced. Safety belt use keeps you in a better position to stay aware of your surroundings at all times.
5. You are on the road at night when you are most likely to encounter impaired drivers. You must be in good control of your vehicle at all times.
4. The weight of your vehicle is ten times the weight of passenger cars and trucks. You must maintain control of your vehicle to ensure defensive driving measures.
3. You are four times more likely to be killed if you're ejected from a vehicle and fourteen times as likely to receive a spinal cord injury. Safety belts prevent you from going through the windshield.
2. When you wear your safety belt, your chances of being injured or killed are reduced by up to 50 percent.
1. **And the reason you should always Buckle Up...**
You are someone's son, daughter, mom, dad, husband, wife, or friend...The life you save may be your own!

As a commercial motor vehicle driver, you want to do everything possible to protect yourself against the risk of death and injury. Yet nearly half of the CMV drivers take to the road without doing the one most basic thing for protection – **Buckling Up!**