

GMB

The Ambulance Service Union

Always, #OnYourSide

Join GMB at www.gmb.org.uk/join-gmb
Follow us on Facebook and Twitter

 GMBsecamb  GMBsecamb  www.gmb.org.uk

GMB

The Ambulance Service Union

Is Your Seatbelt Fitting Correctly?



**Ask for an individual
Risk Assessment.**

**GMB cares about your safety!
Does SECamb?**

Join GMB at www.gmb.org.uk/join-gmb
Follow us on Facebook and Twitter

 GMBsecamb  GMBsecamb  www.gmb.org.uk

Is Your Seatbelt Fitted Correctly?



Why are the GMB Union calling for a “Risk Assessment” for the correct fitting of Seatbelts in fiats? [This is why...!!!](#)

The Purpose of Seatbelts...

Seatbelts are designed to retain people in their seats, and so prevent or reduce injuries suffered in a crash. They ensure that as little contact is made between the occupant and vehicle interior as possible and significantly reduce the risk of being ejected from a vehicle.

Seatbelts are designed to work as the key part of wider injury prevention measures and safety systems, such as airbags and head restraints, which will not be as effective in reducing the risk of injury if an occupant is not wearing a seat belt or correctly.

Facts and figures...

In 2019, 1,752 people were killed and 25,945 people were seriously injured in reported road accidents in Great Britain.

Car occupants form almost 60% of all road casualties. In 2019, 89,331 people were killed or injured while travelling in cars, and 61,797 (69%) of these were drivers.

Number of car occupant casualties in 2019, by severity

	Drivers	Passengers	All Occupants
Killed	508	228	736
Seriously Injured	8,000	3,887	11,887
Slightly Injured	53,289	23,419	76,708
All	61,797	27,534	89,331

Seat belts reduce the risk of death and serious injury by 50 percent, but when improperly worn, the seat belt can cause significant injury in the event of a collision.

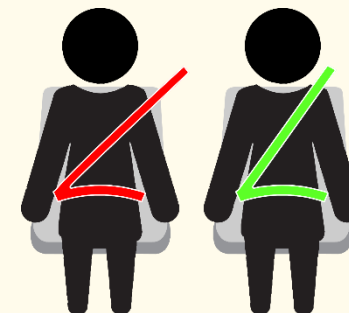
To give you an idea and an analogy of how much pressure your body exerts on a seat belt during a frontal collision at 30 mph, it's roughly equivalent to falling from a height of 30 feet (9.1 metres).

How to wear a Seatbelt Correctly...

Straighten the backs of the seats to about 110°.

Adjust the headrest so that its top and the top of your head are at the same level.

Adjust the height of the seat belt using the mechanism usually located on the B pillar. This will ensure that the strap that crosses your chest diagonally passes across the middle of your shoulder. The ideal placement for the shoulder belt is to have it cross your body at your collarbone.



Check that the seat belt is properly positioned on the pelvis so as to avoid “submarining,” that is, slipping underneath the seat belt during a collision. If this happens, the seat belt slides up across the abdomen, which then absorbs the full force of the impact, potentially resulting in internal injuries. To be effective, the seat belt must be perfectly adjusted to the shape of the body. The lap strap should cross where the thighs and pelvis meet and not be positioned too high on the abdomen. This will help avoid serious injuries during a collision, since the abdomen is four to five times less resistant than the pelvic bones.

Ensure the seat belt remains flat against your body.

Join GMB at www.gmb.org.uk/join-gmb

Follow us on Facebook and Twitter

GMBsecamb GMBsecamb www.gmb.org.uk

Join GMB at www.gmb.org.uk/join-gmb

Follow us on Facebook and Twitter

GMBsecamb GMBsecamb www.gmb.org.uk