



International
Association
of Oil & Gas
Producers

BUCKLE UP!

Bust the Myth

www.iogp.org/buckleup

Myth No.1



“I don’t need a seat belt, I can hold on to the steering wheel in a crash.”

The forces involved in a crash are massive. Only a seat belt is strong enough to hold you in your seat.

Myth No.2



“I don’t wear a seat belt because the truck might catch fire and I’ll be trapped.”

You can’t get out if you’re unconscious. By wearing a seat belt, you reduce the likelihood of being injured by fire by 80%.

Myth No.3



“It’s safer to jump free of a crash than be restricted by wearing a seat belt.”

Truck drivers have a better chance of surviving a potentially fatal crash if they are wearing a seat belt.

Myth No.4



“If I wear a seat belt and the load shifts, I’ll be crushed.”

Seat belts improve your chances of surviving a crushed cabin. Most cabins are crushed by hitting an object not by the load shifting.