

Safety Matters

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The Importance of Safety Belts



Not using a seat belt can be very dangerous. You may have incorrect information or assumptions about seat belts. Consider the following myths and facts regarding seat belts and the consequences of not buckling up.

Myth: There is no compelling reason to buckle up. If I am in a crash, I won't be ejected.

Fact: Safety belts prevent injuries and fatalities by preventing ejection, shifting crash forces to the strongest parts of the body and over a wider area, slowing the body down gradually, and protecting the head and spinal cord.

Myth: It's better to be thrown clear of the wreckage in the event of a crash.

Fact: An occupant of a vehicle is four times more likely to be fatally injured when thrown from the vehicle.

Myth: Wearing a safety belt is a personal decision and doesn't affect anyone else.

Fact: In fact, in most states, buckling up is the law. Buckling up protects you and other motorists, as it prevents you from losing control in a crash.

In addition, the consequences of not wearing a safety belt can greatly affect your family. Think for a moment—what would happen to your loved ones if you are killed or seriously injured in a crash as the result of not buckling up?

Myth: Safety belts aren't necessary for low-speed driving.

Fact: In a frontal collision occurring at 30 mph, an unbelted person continues to move forward and hit the windshield at about 30 mph. This is the same velocity as a person falling from the top of a three-story building.

Myth: A safety belt will trap me inside my vehicle. I won't be able to get out if the vehicle catches fire or is submerged in water.

Fact: Your best chance of survival is remaining conscious and in the driver's seat. Wearing your safety belt greatly reduces your chance of sustaining injuries and increases your ability to react quickly and appropriately in emergency situations. In rollovers, drivers are 80 percent less likely to die when belted.

Myth: The safety belt restricts my movement.

Fact: Most drivers find that once they correctly adjust the seat, lap and shoulder belt, the discomfort and restrictive movement can be alleviated. If your belt does not fit properly, safety belt extenders are available.

Myth: A lap belt seems to work fine. I feel trapped in the two-part lap and shoulder belts.

Fact: The lap and shoulder safety belt design is proven to hold a driver securely behind the wheel in the event of a crash, greatly increasing the driver's ability to maintain control of the vehicle and minimizing the chance for serious injury or death.

Myth: Wearing only a part of the safety belt greatly reduces your protection.

Fact: It is your responsibility to maintain control of your vehicle, to protect yourself and others on the road. We expect you to follow the State's simple safety belt policy—if you get behind the wheel, buckle up!

THINK
SAFETY

WORK
SAFELY

September's Riddles

1. What do noon and the letter "A" have in common?
2. Why did the bee get married?
3. If your uncle's sister is not your aunt, what is she?

Safety Focused

Be Prepared!

September Is National Preparedness Month

National Preparedness Month, sponsored by the Federal Emergency Management Agency and held annually in September, is a good reminder that natural and man-made disasters can strike at any time. It's important to have a planned response when you're at home, at work, on vacation, or on the road.

In honor of National Preparedness Month, take some time to prepare your household for an emergency today:

1

Make a plan.

Because it's almost impossible to know when a disaster will strike, it's important to make an emergency plan for a variety of disasters. Your plan should cover how you'll receive emergency alerts, where you'll go for shelter in case of an evacuation order and how you will contact loved ones.

2

Build a kit.

You should have a fully stocked emergency supply kit that's stored in a portable bag or tote so that it's ready to go if you need to evacuate. A basic kit should include:

- Water (1 gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)
- Medication (three-day supply)
- Battery-powered or hand-crank radio and a NOAA Weather Radio
- First-aid kit, which should include cold and flu medicine
- Flashlight
- Extra batteries
- Whistle to signal for help
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Manual can opener (for food)

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- Cellphone with chargers and a back-up battery
- Emergency kit in your car

3

Prepare for disasters.

To limit the effects that disasters have on you or your family, review the common disasters in your area. You should also review your insurance coverage to make sure you're covered for common disasters. Consider running practice drills at home so you're comfortable acting fast when disaster strikes.

4

General Precautions.

- Make sure at least one family member knows first aid and CPR.
- Have a family communication plan in place; all members of the family should review and practice a plan. If you have children, be sure to talk to them about disasters and your emergency plan. The more they know, the more they'll be prepared.
- Have all family members' and other important phone numbers written down or memorized.
- Be sure to store all important documents – birth certificates, insurance policies, etc. – in a fire-proof safe or safety deposit box.
- Know how to shut off utilities.

Check the State of Delaware's Delaware Emergency Management Agency's (DEMA) website for additional disaster preparedness information.

[PrepareDE – Delaware Disaster Preparedness](#)

EMERGENCY PREPAREDNESS FOR BUSINESS

- Focus on prevention.
- Establish an evacuation plan.
- Keep an updated list of emergency contact numbers.
- Create an emergency kit.
- Protect vital business records.
- Create back-up copies of critical data and programs.
- Know your risks and prepare.
- Understand your insurance coverage & keep insurance information/contact names and numbers in a safe place.

September's Answers

1. They are both in the middle of "day"
2. Because it found its honey.
3. Your Mom.