

A seat belt is the single most effective safety device in any vehicle or piece of heavy equipment. Whether you're driving a SUV, pickup, dump truck, loader, excavator, or other equipment, your seat belt helps keep you inside the protected operator's area during a collision, rollover, or tip-over.

A seat belt can be the difference between walking away and a life-changing injury.

- **Wear your seat belt** to the job, on the job, and from the job.
- **Wear your seat belt properly**, the shoulder belt should rest across your chest and shoulder, **never behind your back or under your arm**.
- **Ensure a proper fit**—the seat belt should be snug, lie flat against your body, and never be twisted.



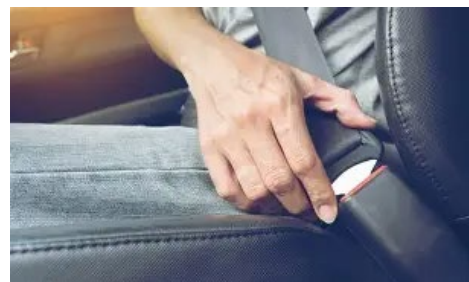
Equipment Operators: Seat belts, when used properly, hold the operator in the seat and help contain them inside the rollover protection structure (ROPS) in the event of a collision or tip-over. The seat assembly, which includes the seat belt and mounting hardware, should be inspected regularly. Inspection is recommended during the pre-shift walk around and as instructed in the manufacturer's Operation and Maintenance Manual. Include the following items when inspecting the seat belt:

- Seat belt webbing for cuts, frays, tears, or damage
- Buckle and latch for proper operation
- Retractor locks and retracts correctly
- Mounting bolts and hardware are secure
- No damaged or missing components
- Replace worn or damaged seat belts immediately and follow manufacturer replacement intervals (as required)

Never operate equipment with a damaged or inoperative seat belt.

Why Wearing Your Seat Belt Matters

- Reduces the risk of serious injury or death.
- Keeps you inside the protective zone during a rollover.
- Prevents ejection from the vehicle or equipment.
- Required by law and company policy.
- Sets the example for your coworkers.



Remember: Most serious crashes happen unexpectedly—and many occur close to home or on familiar routes.

Seat belts save lives. Make buckling up a habit every time you get behind the wheel or into the operator's seat.

Your family expects you to come home safely. Your coworkers are counting on you too.



Toolbox Talk Attendance Form

Supervisor / Project Manager: _____ Date: _____

PRINT NAME	SIGNATURE