

## GENERAL MEMBERSHIP MEETING

Wednesday, June 16, 2010 - "Safety is Our #1 Priority", Opp Construction,  
2010 National 1<sup>st</sup> Place Safety Excellence Award Winner for the AGC!

## Seat Belts: Stay Safe and Secure Proper Use of Seat Belts



- A properly worn seat belt greatly increases your chances of surviving a motor vehicle collision.
- No doubling up — only one person to a seat belt.
- A typical seat belt assembly consists of a lap and shoulder belt. The shoulder belt should be worn closely against the body and over the shoulder and across the chest, never under the arm. The lap belt should be firm against the body and low across the hips.
- Air bags do not take the place of a seat belt. When air bags activate during a motor vehicle collision, they reduce the forward movement of the upper torso and minimize impact. They do not prevent drivers and passengers from being thrown from the car.

When a seat belt is worn correctly, it will apply most of the collision or stopping forces across the chest and pelvis, which are better able to withstand collision forces. A seat belt should not be worn twisted, as the full width of the belt is required to spread motor vehicle collision forces across the body.

Wearing a seat belt loosely or placing the shoulder belt under the arm or behind your back instead of across the chest, could, in the case of a collision or sudden stop, result in an injury-producing impact with the vehicle interior, or ejection from the vehicle. Wearing a lap belt across the stomach, instead of low across the hips, allows collision forces to be applied to the soft tissue of the body, increasing the chance of injury.

Pregnant women must wear seat belts — wearing the lap and shoulder belt and sitting as upright as possible. The lap belt should be worn low so it pulls downward on the pelvic bones and not directly against the abdomen.

At all times, limit the number of occupants in your vehicle to the number of seat belts. Unbelted occupants can become projectiles during a collision and can seriously injure themselves, other passengers or the driver.

**OUCH!**

### BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00–8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7<sup>TH</sup> AVENUE SOUTH  
NEXT MEETING → July 1<sup>st</sup>

- Our Fall Conference is now in the planning stage – your help is always welcome!

#### BOARD MEMBERS

**Carol Gierszewski (PRESIDENT)**  
**Christin McWaters (VICE-PRESIDENT)**  
**Joe Strang (TREASURER)**  
**Tracy Cameron (SECRETARY)**  
**Todd Brady • Davis Hoverson**  
**Rachel Kmecik • Tim Krile • Eric Pearson**  
**Lyle Ross • Annette Shane**

### COMMITTEES

#### Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Visit us at [www.nosha.net](http://www.nosha.net) for the latest updates and announcements!

#### Education Committee

(Bonnie Knutson, Lyle Ross)

(Upcoming GM Meeting Presentations)

- **July 21, 2010**  
- Annual Picnic ⇨ 6:00 – 8:00, Riverside Park (1801 1<sup>st</sup> Street North)
- **August 18, 2010**  
- TBD

Anyone interested in showing off your place of business to NOSHA members, please contact either Bonnie Knutson or Lyle Ross to set a date and time for a tour – *This is a great way to share safety ideas and techniques! IT'S ALSO A GREAT LEARNING TOOL FOR ALL OF US!*

#### Membership Committee

(Davis Hoverson, Rachel Kmecik)

★ **60+ MEMBERS STRONG...and GROWING!**

NOSHA is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety. As a member of NOSHA, you will be joining area safety professionals dedicated to their profession, energized on career enhancement and who have a genuine interest for safety in the work place.

**THANK YOU TODD BRADY FOR HOSTING OUR BSAFE BINGO AT OUR MAY GM MEETING!**