

## PAUL GARDNER – SEAT BELTS TRANSCRIPT

[00:00]

(Peppy music plays while introductory slides show the Institute for Transportation and Iowa Department of Transportation logos and then the video title of “Seat Belts”)

[00:06] [Speaker – Paul Gardner, Iowa State Patrol Officer]:

(Music quiets)

Every year, the Iowa State Patrol has a below 300 initiative, and we call that our SIDE, S-I-D-E. So, that stands for seat belts, impaired driving, distracted driving, and excessive speeds.

[00:16]

(Brief b-roll video shows a dynamic speed feedback sign registering 47 mph with a 45 mph speed limit on a four-lane divided roadway)

We use the SIDE initiatives to try to be below 300 traffic deaths in Iowa each year. Unfortunately, we have not been there since 1925.

[00:25]

(Brief b-roll video shows a person buckling their seat belt and ensuring it tightens)

The seat belt is not something that causes a crash, but it is something that between 40 and 50% on average are killed in Iowa because they were not in a seat belt.

[00:33]

(Brief b-roll zooms in on a still image of a teenage driver and teenage passenger in the front seat of a vehicle, while added text on screen states, “Odds of death are 3 times higher for the unbelted passenger and 2 times higher for the driver” and credited to “Mayrose J, Jehle D, Hayes M, Tinnesz D, Piazza G, Wilding GE. Influence of the unbelted rear-seat passenger on driver mortality: ‘the backseat bullet.’ Acad Emerg Med. 2005 Feb;12(2):130-4. doi: 10.1197/j.aem.2004.09.017. PMID: 15692133”)

Right now, we do have an all-occupant restraint as far as the front seat goes, and depending on your age, you have to be buckled in the back seat too.

[00:42]

(Brief b-roll video shows a small child being buckled into a car seat in the back seat of a vehicle)

So, even in the back seat, you should be in a seat belt. If you’re under 18, in Iowa, you have to be in a seat belt by law. So, you can get a traffic ticket for not wearing your seat belt in the back seat.

[00:51]

(Brief b-roll zooms in on a still image of a woman in the driver's seat of a vehicle in the process of buckling her seat belt)

I think a lot of people get this notion that "I'll put it on right before a crash," or "I'll put it on right before I see a police officer." That's the wrong attitude to have towards a seat belt.

[01:00]

(Brief b-roll video shows another angle of a person buckling their seat belt as it clicks into place and then putting the vehicle in reverse)

The most important thing you can do as a driver before you put the car in drive is put that seat belt on. It takes 3 seconds. It doesn't take very long. Put it over your shoulder, over your lap. Make sure that it's buckled properly, it's secure, it's tight. Don't wear it under your arm, behind your back. You can still get a ticket for improper use of a seat belt.

[01:17]

(Brief b-roll zooms in on a still image of a person in the process of buckling their seat belt, while added text on screen states, "Buckling up can reduce the risk of fatal injury by 45% and reduce the risk of moderate to critical injury by 50%" and credited to "National Highway Traffic Safety Administration")

So, before you leave the house, first thing you do is put that seat belt on. There's a lot of people who think that "I'm just going down the road, so I don't need to put a seatbelt on."

[01:25]

(Brief b-roll video shows a vehicle backing out of a house's driveway before driving down a residential road)

Most crashes happen within just a few miles from home as it is. So, it's very important to have that seat belt on. You can be the best driver in the world, you can be the best driver out there, but you have to watch out for other people. You have to anticipate that they're going to make a mistake, and that seat belt is the most important thing you can do for defensive driving.

[01:43]

(Brief b-roll video shows another angle of a person buckling their seat belt as it clicks into place, which fades to black before transitioning to video from over a driver's shoulder as they drive on a four-lane divided roadway with a 30 mph speed limit)

That 30 mile per hour impact is still the same as jumping off a third-story building and crashing into the ground.

[01:51]

(Brief b-roll zooms in on a still image of a three-story office building)

So, that seat belt gives you a good chance of surviving a traffic crash.

[01:59]

(Video of Paul Gardner fades to black as louder peppy music resumes, while outro slides provide a disclaimer that reads, “This video was developed by the Institute for Transportation (InTrans) at Iowa State University for the Iowa Department of Transportation (Iowa DOT) with the purpose to provide the material for driver education instructors in Iowa. InTrans is responsible for the facts and the accuracy of the information presented herein as of May 1, 2025. Driver education instructors may use the material in its entirety or may use any of the material individually. The material is for educational purposes only. It is strictly prohibited to sell any part of this video. If any of the material is reused, please credit the Iowa DOT. For more information or questions, please contact Vania Boyd, Driver Education and Motorcycle Rider Education Manager, Iowa DOT, [Vania.boyd@iowadot.us](mailto:Vania.boyd@iowadot.us).” and show the Institute for Transportation and Iowa Department of Transportation logos)