

SIGHT ENGAGEMENT

Every driver understands that sight is essential to driving safely, but knowing the appropriate actions based upon what is seen allows for improved driving behaviors.

Visual Attention

Visual attention driving is when you use your sight to engage your brain to make safe decisions.

3 TYPES OF DISTRACTIONS



1. Manual

Anything that takes one or both hands off the wheel.



2. Visual

When drivers take their eyes off the road. This includes in-vehicle distractions.



3. Cognitive

Anything that takes your mind off the road.

High Visual Horizon (HVH)

HVH is the practice of scanning the roadway far ahead of where you are driving by keeping your eyes on the horizon.



Eye Movement

Eye movement allows drivers to find key safety items in the environment. This helps prevent accidents.

SLUG Method

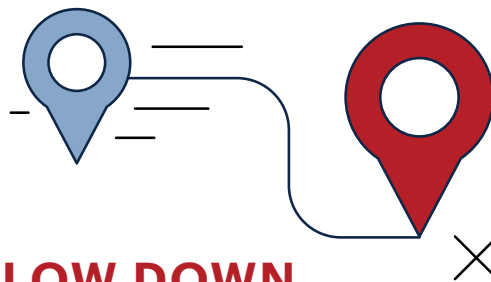
Scan in the distance
Look at your mirrors
Use your peripheral
Glance at the speedometer



Vision Limits

Your vision is limited in different driving conditions:

- Night Driving
- Severe Weather
- Curves and hill's that limit one's ability to see down the road.



SLOW DOWN

To compensate for limited visibility and reduced stopping time.



Engage Your Sight

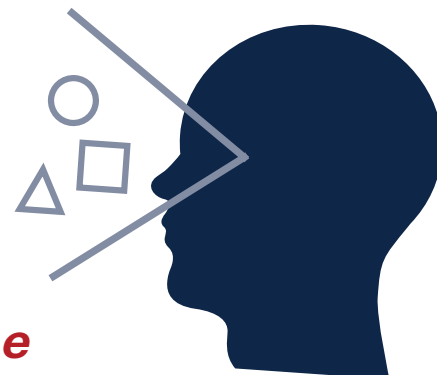
Road signs we must engage our sight to leverage the information from signs and signals to make safe driving decisions.

AWARENESS ACTIONS

Awareness Action driving is when you use what you see to anticipate potential hazards and make appropriate driving decisions to avoid the hazard.

Perception and Reaction Time

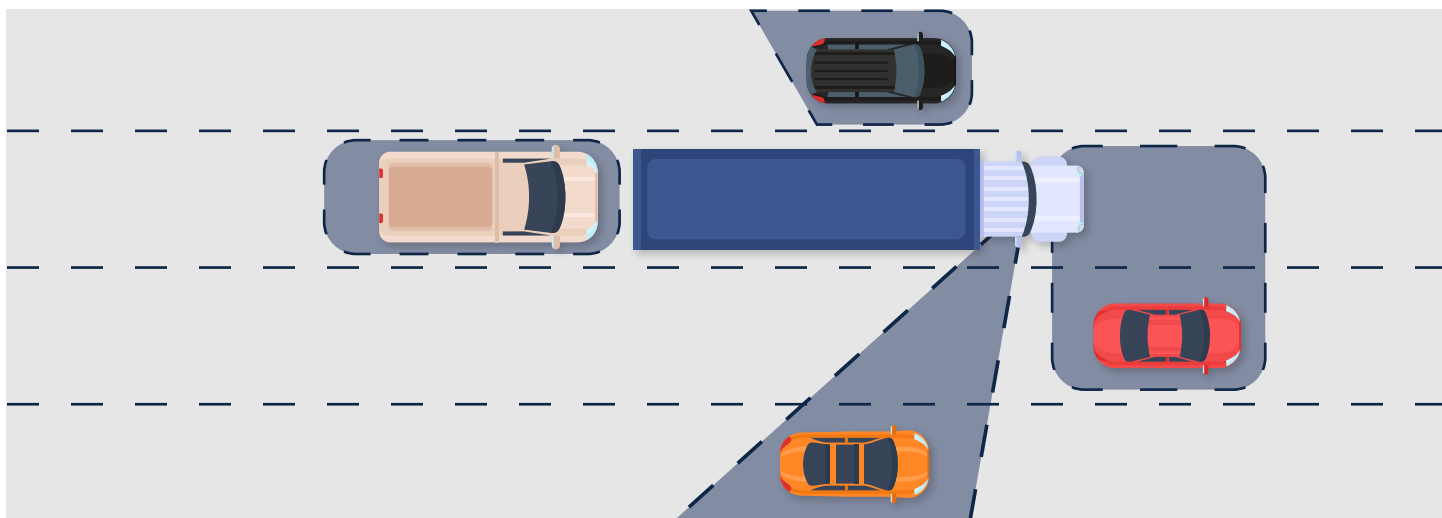
Perception and reaction times are the time it takes to recognize and respond to a hazard you see. Perception and reaction times affect your stopping distance.



Perception Distance + Reaction Distance + Breaking Distance = Total Stopping Distance

Space Cushions

Space cushion is allowing for more space and knowing where vehicles are around you.



Right Turns

- Turn slowly to give yourself and others more time to avoid problems.
- Be aware of trailer swing. Turn wide. Stay within your lane when possible.
- Don't turn too wide to the left as you start a turn. Other drivers may think you are turning left and attempt to pass you on the right.

Left Turns

Make sure the truck has reached the center of the intersection before starting the turn. If there are two turning lanes, always take the right turn lane.



Stale Green Lights

- Be aware of stale green lights and anticipate they are about to turn yellow.
- Never attempt to pass through an intersection on yellow light.

FATIGUE MANAGEMENT

There are many rules and regulations that are designed to address fatigue. This section will focus on understanding the rules and providing practical solution to improve a drivers' alertness.

Hours of Service

The goal of the Hours-of-Service rules is to fight fatigue and keep you and the motoring public safe.

11-Hour Driving Limit

A driver is limited to a maximum of 11 hours after 10 consecutive hours off duty.

14-Hour Limit

May not drive beyond the 14th consecutive hour after coming on duty, following 10 consecutive hours off duty. Off-duty time does not extend the 14-hour period.

60/70 Hour Limit

May not driver after 60/70 hours on duty in 7/8 consecutive days. A driver may restart a 7/8 consecutive day period after taking 34 or more consecutive hours off duty.



30-Minute Driving Break

Drivers must take a 30-minute break when they have driven for a period of 8 cumulative hours without at least a 30-minute interruption. The break may be satisfied by any non-driving period of 30 consecutive minutes (i.e.. on-duty not driving, off-duty, sleeper berth, or any combination of these taken consecutively)

FATIGUE MANAGEMENT

Fatigue Prevention Strategies

There's a connection between nutrition, sleep and exercise. Healthy eating habits can increase the amount of deep restorative sleep.



Team drivers should consider 12 hour splits



Solo drivers should look to having a consistent sleep time.



Take a nap!



Ideal nap is 15-20 minutes.



No longer than 45 minutes.

Electronic Loggin Device (ELD)

Accurately reflect each work period on the ELD, and ensure you only accept Unassigned Drive Time, as appropriate.



Nutrition Healthy Eating

A healthy diet can also help you lose weight, which can in turn lead to better sleep and make you less likely to suffer from daytime fatigue, insomnia, and sleep Apnea. The takeaway? Good eating habits can go hand in hand with getting a good night's sleep for a healthier you.

Best Foods to keep on the truck...



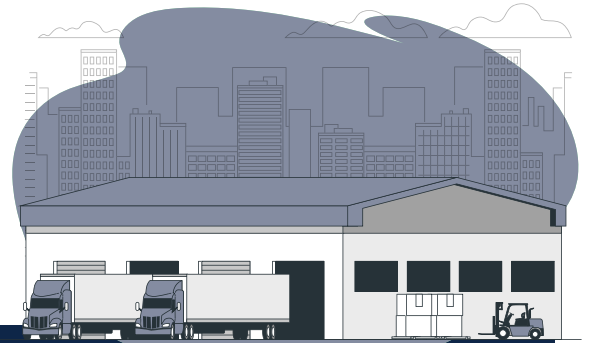
1. Brown Rice
2. Whole Wheat Bread
3. Bananas
4. Eggs
5. Cottage Cheese
6. Dried Beans
7. Greek Yogurt
8. Spinach
9. Peanut Butter
10. Canned Tuna
11. Frozen Edamame
12. Sweet Potatoes
13. Non-Fat Milk
14. Apples

ENVIRONMENTAL RESPONSES

Environmental Responses address how to control and respond to the external environment of the truck when driving.

Maneuvering in Tight Spaces

Tight Spaces require you to assess poles, curbs or buildings so that you don't come in contact with them.



When backing...

- Take your time to assess surroundings
- Be aware of trailer swing

Intersections

Follow the S.A.P.P rule to increase safety during intersections:

S.A.P.P. Rule

SCAN Turn your head and look left, right, left. Scan the entire intersection.

ANTICIPATE that others may not stop or see you.

PEDESTRIANS Enter the intersection only after you have ensured that it is clear.

PROCEED WITH CAUTION Lean forward in your seat to make sure that you see any pedestrians or small vehicles that are in your blind spots.

FREEWAYS



Higher speeds and sudden changes to traffic flow increases likelihood and severity of crashes.



Entering and exiting of traffic requires additional awareness of your lane positioning and blind spot monitoring.



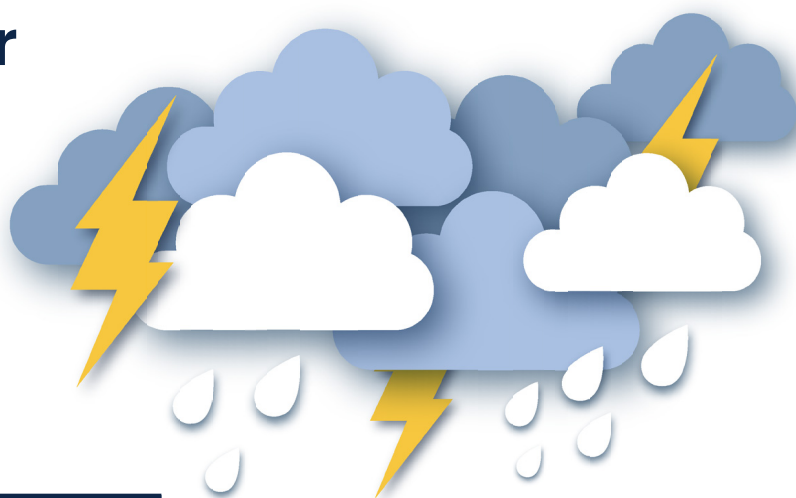
Lane mergers and highway transitions create an increase in risky driving behavior.

Inclement Weather



Weather Shutdowns

Find a safe stopping place



Remember...

No cruise control during inclement weather.



Do not park on the side of the road.

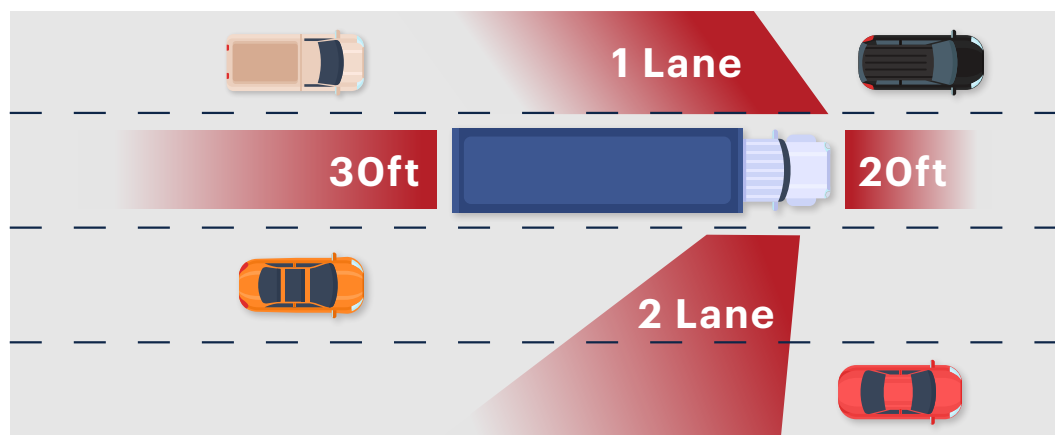


Do not drive on ice.



Lower speed allow for tires to have full road contact.

BE AWARE OF BLIND SPOTS



> Set your mirrors before driving. Glance at them often.

> Use your blinker

> Avoid abrupt lane changes.