

Trucking

2024 Safety calendar





How the calendar works

Each calendar date has a daily safety topic listed. After December there are talking points listed that correspond with the safety topic for that date. Supervisors can use the talking points to assist in communicating the safety message for the day. The safety topics in the calendar repeat every few months.

The information in the calendar is an accumulation of recommended practices. It should be of great value to your operation. Management generating safety awareness is a key practice to help control and reduce claims and related expenses.

The safety topics provided cover slip, trip, and fall prevention, powered material handling, manual material handling, cutting safety, fire extinguisher safety, sprinkler system testing, industrial rack/module safety and many other topics.

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Let's kick off a safe new year!	1 Visually inspect the scene <i>New Year's Day</i>	2 CDL on board	3 Being a mentor and a role model	4 Inability to provide a specimen	5 Consuming alcohol	6 Before backing up, take a walk.
7 Federal cell phone restrictions	8 Watch for school buses	9 Eliminate distractions near schools	10 Top ten driver distractions	11 Space and speed	12 Adjusting following distance	13 Be aware near schools
14 The right stuff	15 At fault <i>MLK Jr's Birthday</i>	16 Never pass school buses on the right	17 Hours-of-Service	18 Changing weather	19 Overweight	20 Fire extinguisher basics: use the <i>PASS</i> system to put out the fire.
21 Footwear	22 Do you have a working fire extinguisher in your home?	23 Healthy choices	24 Hand washing basics.	25 Relating	26 Rear-end collisions	27 Slow down for school buses
28 What thieves want	29 Clearances	30 Grip	31 Nutrition			

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>By Feb 1, Post OSHA 300A summary log in a conspicuous place or places where notices to employees are customarily posted. Lent starts on the 14th</p>				<p>1 Tornadoes</p>	<p>2 Do not jump onto or off of loading docks.</p>	<p>3 Is your paperwork in order?</p>
<p>4 Do not let it get worse</p>	<p>5 Be a backup professional.</p>	<p>6 Cell Phones Increase Risk</p>	<p>7 Driving duty limits</p>	<p>8 Maintain a safe cushion</p>	<p>9 Driver inattention</p>	<p>10 Check your headlights.</p>
<p>11 Electronic Logging Devices (ELD)</p>	<p>12 Oversize and length permits</p>	<p>13 Sleep bank deposits</p>	<p>14 Prescription and over the counter medicine</p>	<p>15 34-hour restart rules</p>	<p>16 Self-assess</p>	<p>17 Fire extinguisher basics.</p>
<p>18 Correct or report slip, trip, and fall hazards.</p>	<p>19 My hands hurt when I go home. What could be causing it?</p>	<p>20 Wash Hands</p>	<p>21 Oh, my aching back!</p>	<p>22 Exercise</p>	<p>23 Company Seat Belt Policy</p>	<p>24 How IS my driving?</p>
<p>25 Why use seconds?</p>	<p>26 <i>But I only closed my eyes for a second!</i></p>	<p>27 Follow the doctor's orders</p>	<p>28 Making safe choices</p>	<p>29 Stay informed</p>		

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Savings Starts: Check the batteries in your smoke and carbon monoxide detectors and replace if necessary.</p>					<p>1 Medical card</p>	<p>2 Get help to back up</p>
<p>3 Captain of the trip</p>	<p>4 Refusing a test</p>	<p>5 Do not jump out of or climb through dock doors.</p>	<p>6 Pledge to not be distracted</p>	<p>7 Calculating your following distance</p>	<p>8 Avoid hard turns</p>	<p>9 Interventions</p>
<p>10 Planning your route</p>	<p>11 What are the risks of speeding?</p>	<p>12 Click it or Ticket</p>	<p>13 Random testing</p>	<p>14 Changing Weather</p>	<p>15 Report missing or damaged fire equipment.</p>	<p>16 Top health risks</p>
<p>17 When you work with chemicals, you have a right to know...</p> <p><i>St. Patrick's Day</i></p>	<p>18 Always wash your hands after using the restroom.</p>	<p>19 Good shoes are essential to preventing slips, trips, and falls.</p>	<p>20 What does <i>building a bridge</i> mean regarding back safety?</p>	<p>21 The seat belt pledge</p>	<p>22 Polling results</p>	<p>23 If there is a spill, follow company policy</p>
<p>24 Secure parking</p>	<p>25 Safety components and systems</p>	<p>26 Check and Inspect</p>	<p>27 DOT Emergency Response Guidebook</p>	<p>28 Housekeeping and maintenance</p>	<p>29 Floods</p> <p><i>Good Friday</i></p>	<p>30 Relaxing</p>
<p>31 Climbing onboard</p> <p><i>Easter</i></p>						

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At the end of the month, take down and file the OSHA 300A summary log with your permanent records.	1 Police and emergency services	2 Lining up	3 Do you know the consequences?	4 Improving your odds	5 Reducing risks	6 Rest Breaks
7 Refueling	8 Heart disease	9 Why do my shoulders ache after a hard day at work?	10 Responsible to whom?	11 Bend at your knees; save your back.	12 Load security	13 Pre-plan flags
14 Seat belt use: Not optional	15 Fatigue warning signs	16 Communicate defects	17 Rejuvenating	18 Healthy habits	19 Engine and cab compartments	20 Counter measures
21 What is the proper way to lift a carton/object?	22 Stay calm <i>Passover</i>	23 Health and fatigue	24 Crash statistics	25 Arrive Safely	26 Information collection	27 A visit to Real Ville
28 Driver education and training	29 Use the <i>4 second rule</i> when following another vehicle.	30 Driving privilege				

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Visually inspect the scene	2 CDL on board	3 Being a mentor and a role model	4 Inability to provide a specimen
5 Consuming alcohol <i>Cinco de Mayo</i>	6 Before backing up, take a walk.	7 Federal cell phone restrictions	8 Watch for school buses	9 Eliminate distractions near schools	10 Top ten driver distractions	11 Space and speed
12 Adjusting following distance <i>Mother's Day</i>	13 Be aware near schools	14 The right stuff	15 At fault	16 Never pass school buses on the right	17 Hours-of-Service	18 Changing weather
19 Overweight	20 Fire extinguisher basics: use the <i>PASS</i> system to put out the fire.	21 Footwear	22 Do you have a working fire extinguisher in your home?	23 Healthy choices	24 Hand washing basics.	25 Relating
26 Rear-end collisions	27 Slow down for school buses <i>Memorial Day</i>	28 What thieves want	29 Clearances	30 Grip	31 Nutrition	

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Tornadoes
2 Do not jump onto or off of loading docks.	3 Is your paperwork in order?	4 Do not let it get worse	5 Be a backup professional.	6 Cell Phones Increase Risk	7 Driving duty limits	8 Maintain a safe cushion
9 Driver inattention	10 Check your headlights.	11 Electronic Logging Devices (ELD)	12 Oversize and length permits	13 Sleep bank deposits	14 Prescription and over the counter medicine	15 34-hour restart rules
16 Self-assess <i>Father's Day</i>	17 Fire extinguisher basics.	18 Correct or report slip, trip, and fall hazards.	19 My hands hurt when I go home. What could be causing it? <i>Juneteenth</i>	20 Wash Hands	21 Oh, my aching back!	22 Exercise
23 Company Seat Belt Policy	24 How IS my driving?	25 Why use seconds?	26 <i>But I only closed my eyes for a second!</i>	27 Follow the doctor's orders	28 Making safe choices	29 Stay informed
30 Driving privilege						

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Medical card	2 Get help to back up	3 Captain of the trip	4 Refusing a test	5 Do not jump out of or climb through dock doors.	6 Pledge to not be distracted
				<i>Independence Day</i>		
7 Calculating your following distance	8 Avoid hard turns	9 Interventions	10 Planning your route	11 What are the risks of speeding?	12 Click it or Ticket	13 Random testing
14 Changing Weather	15 Report missing or damaged fire equipment.	16 Top health risks	17 When you work with chemicals, you have a right to know...	18 Always wash your hands after using the restroom.	19 Good shoes are essential to preventing slips, trips, and falls.	20 What does <i>building a bridge</i> mean regarding back safety?
21 The seat belt pledge	22 Polling results	23 If there is a spill, follow company policy	24 Secure parking	25 Safety components and systems	26 Check and Inspect	27 DOT Emergency Response Guidebook
28 Housekeeping and maintenance	29 Floods	30 Relaxing	31 Climbing onboard			

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The new school year is coming, watch for buses!				1 Police and emergency services	2 Lining up	3 Do you know the consequences?
4 Improving your odds	5 Reducing risks	6 Rest Breaks	7 Refueling	8 Heart disease	9 Why do my shoulders ache after a hard day at work?	10 Responsible to whom?
11 Bend at your knees; save your back.	12 Load security	13 Pre-plan flags	14 Seat belt use: Not optional	15 Fatigue warning signs	16 Communicate defects	17 Rejuvenating
18 Healthy habits	19 Engine and cab compartments	20 Counter measures	21 What is the proper way to lift a carton/object?	22 Stay calm	23 Health and fatigue	24 Crash statistics
25 Arrive Safely	26 Information collection	27 A visit to Real Ville	28 Driver education and training	29 Use the <i>4 second rule</i> when following another vehicle.	30 Driving privilege	31 Compliance, Safety, Accountability/Safety Measurement System, and you

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Visually inspect the scene	2 CDL on board <i>Labor Day</i>	3 Being a mentor and a role model	4 Inability to provide a specimen	5 Consuming alcohol	6 Before backing up, take a walk.	7 Federal cell phone restrictions
8 Watch for school buses	9 Eliminate distractions near schools	10 Top ten driver distractions	11 Space and speed	12 Adjusting following distance	13 Be aware near schools	14 The right stuff
15 At fault	16 Never pass school buses on the right	17 Hours-of-Service	18 Changing weather	19 Overweight	20 Fire extinguisher basics: use the PASS system to put out the fire.	21 Footwear
22 Do you have a working fire extinguisher in your home?	23 Healthy choices	24 Hand washing basics.	25 Relating	26 Rear-end collisions	27 Slow down for school buses	28 What thieves want
29 Clearances	30 Grip					

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tornadoes	2 Do not jump onto or off of loading docks. <i>Rosh Hashanah</i>	3 Is your paperwork in order?	4 Do not let it get worse	5 Be a backup professional.
6 Cell Phones Increase Risk	7 Driving duty limits	8 Maintain a safe cushion	9 Driver inattention	10 Check your headlights.	11 Electronic Logging Devices (ELD) <i>Yom Kippur</i>	12 Oversize and length permits
13 Sleep bank deposits	14 Prescription and over the counter medicine <i>Columbus Day</i>	15 34-hour restart rules	16 Self-assess	17 Fire extinguisher basics.	18 Correct or report slip, trip, and fall hazards.	19 My hands hurt when I go home. What could be causing it?
20 Wash Hands	21 Oh, my aching back!	22 Exercise	23 Company Seat Belt Policy	24 How IS my driving?	25 Why use seconds?	26 <i>But I only closed my eyes for a second!</i>
27 Follow the doctor's orders	28 Making safe choices	29 Stay informed	30 Driving privilege	31 Rear-end collisions <i>Halloween</i>		

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Savings Ends: Check the batteries in your smoke and carbon monoxide detectors and replace if necessary.</p>					<p>1 Medical card</p>	<p>2 Get help to back up</p>
<p>3 Captain of the trip</p>	<p>4 Refusing a test</p>	<p>5 Do not jump out of or climb through dock doors.</p>	<p>6 Pledge to not be distracted</p>	<p>7 Calculating your following distance</p>	<p>8 Avoid hard turns</p>	<p>9 Interventions</p>
<p>10 Planning your route</p>	<p>11 What are the risks of speeding?</p> <p>Veterans Day</p>	<p>12 Click it or Ticket</p>	<p>13 Random testing</p>	<p>14 Changing Weather</p>	<p>15 Report missing or damaged fire equipment.</p>	<p>16 Top health risks</p>
<p>17 When you work with chemicals, you have a right to know...</p>	<p>18 Always wash your hands after using the restroom.</p>	<p>19 Good shoes are essential to preventing slips, trips, and falls.</p>	<p>20 What does <i>building a bridge</i> mean regarding back safety?</p>	<p>21 The seat belt pledge</p>	<p>22 Polling results</p>	<p>23 If there is a spill, follow company policy</p>
<p>24 Secure parking</p>	<p>25 Safety components and systems</p>	<p>26 Check and Inspect</p>	<p>27 DOT Emergency Response Guidebook</p>	<p>28 Housekeeping and maintenance</p> <p>Thanksgiving</p>	<p>29 Floods</p>	<p>30 Relaxing</p>

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Police and emergency services</p> <p><i>Advent Starts</i></p>	<p>2 Lining up</p>	<p>3 Do you know the consequences?</p>	<p>4 Improving your odds</p>	<p>5 Reducing risks</p>	<p>6 Rest Breaks</p>	<p>7 Refueling</p>
<p>8 Heart disease</p>	<p>9 Why do my shoulders ache after a hard day at work?</p>	<p>10 Responsible to whom?</p>	<p>11 Bend at your knees; save your back.</p>	<p>12 Load security</p>	<p>13 Pre-plan flags</p>	<p>14 Seat belt use: Not optional</p>
<p>15 Fatigue warning signs</p>	<p>16 Communicate defects</p>	<p>17 Rejuvenating</p>	<p>18 Healthy habits</p>	<p>19 Engine and cab compartments</p>	<p>20 Counter measures</p>	<p>21 What is the proper way to lift a carton/object?</p>
<p>22 Stay calm</p>	<p>23 Health and fatigue</p>	<p>24 Crash statistics</p>	<p>25 Arrive Safely</p> <p><i>Christmas/Hanukkah</i></p>	<p>26 Information collection</p>	<p>27 A visit to Real Ville</p>	<p>28 Driver education and training</p>
<p>29 Use the <i>4 second rule</i> when following another vehicle.</p>	<p>30 Driving privilege</p>	<p>31 Compliance, Safety, Accountability/Safety Measurement System, and you</p> <p><i>New Year's Eve</i></p>				

Responses

The purpose of this calendar is to provide management with a daily safety topic that can be discussed at morning or shift change meetings. The idea behind the calendar is repetitive training. However, some of the topics may be new and of great value to management and associates. Management may help verify the correct response to daily conditions by regularly training workers on these topics.

Not every possible scenario is listed on the calendar. The situations that are listed are those we know may commonly occur that might affect the safety and security of associates and the general public. These topics repeat every few months.

January | May | September

Day	Statement	Response
1	Visually inspect the scene	If you are involved in a crash, visually inspect the scene, and take photos that show contributing factors such as road conditions, traffic signals, lane markers, and skid marks. Take pictures from different angles, and, if possible, begin at 20 steps from the scene and then again at 30, 50, and 100 steps.
2	CDL on board	<p>Make it a habit to ensure your medical card is with you when driving as required by the Federal Motor Carriers Safety Regulations. Not having a medical card during a roadside inspection will result in a violation, and the points can affect the US DOT CSA rating for you and the motor carrier.</p> <ul style="list-style-type: none"> * Do you always check your CDL before you leave home or your vehicle each day? Driving without a CDL in your possession can result in a violation of eight points charged to you and the motor carrier. * Do you know your CDL expiration date; do you have endorsements needed to perform your duties? Driving without the proper endorsements results in an 8-point severity rating for each missing endorsement.
3	Being a mentor and a role model	If you exhibit the qualities of a professional vehicle driver, other drivers value your advice and help. To be an effective <i>coach</i> , be sure to demonstrate these traits: expertise, enthusiasm, clarity, empathy, and respect. Remember to lead by example.
4	Inability to provide a specimen	The collector will allow you to consume up to 40 ounces of fluid, distributed reasonably for up to three hours, or until a sufficient urine specimen can be produced, whichever comes first.
5	Consuming alcohol	<p>No driver shall perform safety-sensitive functions within four hours after using alcohol (FMCSA Section 382.207: Pre-duty use).</p> <p>Using alcohol means even one drink. No driver required to take a post-accident alcohol test shall use alcohol for eight hours following the accident or until after he/she is tested.</p>
6	Before backing up, take a walk.	<p>Follow the fundamental rule of safe backing; always follow through and meet your GOAL:</p> <p style="text-align: center;"><i>Get Out And Look!</i></p>
7	Federal cell phone restrictions	All regulated commercial vehicle drivers must follow the requirements regarding distracted driving, e.g., using cell phones and other mobile communication devices. There are driver penalties up to \$2,750 for the first offense and for each offense thereafter. CDL privileges could be suspended, and employers could be fined up to \$11,000.

January | May | September

Day	Statement	Response
8	Watch for school buses	Obey all posted highway signs including changing speed limit zones and school zone area information signs. Anticipate that children may be present at other times as well, for example, attending after school activities.
9	Eliminate distractions near schools	Eliminate distractions in your vehicle. Consider turning off or turning down the radio, do not use your cell phone, or adjust any other electronic devices, and increase your alertness in and around school zones. Anticipate the children will disobey posted crossing signs and be prepared to stop.
10	Top ten driver distractions	<p>The National Highway Transportation Safety Association (NHTSA) has published a list of the top ten driving distractions. Do any of them apply to you?</p> <ol style="list-style-type: none"> 1. Using built-in car devices (touch screen, GPS, etc.) 2. Adjusting vehicle controls (climate, audio, mirrors, etc.) 3. Eating or drinking 4. Using or reaching for a device brought into the vehicle 5. Occupants — infants, children, teenagers, adults 6. Looking at surroundings (rubbernecking) 7. Operating a cell phone (dialing/texting) 8. Smoking 9. Reading 10. Applying makeup
11	Space and speed	Are you driving a safe distance from the vehicle ahead? If it suddenly and unexpectedly stops, can you stop in time? Drive at a speed that allows you time to see and react to a panic stop of the vehicle in front of you.
12	Adjusting following distance	When road and weather conditions deteriorate, or traffic volume increases, you should add more time between you and the vehicle ahead. Extreme conditions such as rain, ice, snow, and fog require adding space until you are sure you have time to suddenly stop without striking the vehicle ahead.
13	Be aware near schools	Be aware of the likelihood of inexperienced and reckless drivers in and near schools. Youthful drivers may make mistakes in judgment so be sure you are looking out for yourself by looking out for the mistakes of other drivers. Drive defensively.
14	The right stuff	Professional drivers know they have a responsibility for the safety of other drivers, co-workers, other motorists, company vehicles, and equipment.
15	At fault	If you strike a vehicle from the rear, you may be partially (if not solely) responsible, especially when visibility, weather conditions and vehicle controls are degraded.
16	Never pass school buses on the right	<p>Because state laws vary, it is best to review the laws of the state where you operate. However, a best practice is to never pass a school bus on the right side as this is the side that children exit the bus. In most State's when the bus's lights are flashing yellow and/or red it is illegal. Laws regarding divided highways also vary from State to State. Expect delays.</p> <p>The opening of schools means an extra half million school buses on the road, in addition to the extra millions of vehicles operated by teachers and students returning to school.</p>

January | May | September

Day	Statement	Response
17	Hours-of-Service	Hours-of-Service do not include any time resting in a parked vehicle (also applies to passenger-carrying drivers). In a moving property-carrying CMV, up to three hours riding in the passenger seat of the vehicle, either immediately before or after the sleeper berth time, can be used to in combination with seven consecutive hours in the Sleeper berth to accrue 10 consecutive hours off-duty.
18	Changing weather	From summer to fall or winter to spring, changing seasons will require being prepared to handle different weather and road conditions. One precautionary step includes ensuring you have supplies to handle winter weather. Check the condition of snow removal tools and equipment, stores of salt, windshield washer fluid and appropriate bad weather gear (including warm clothing, gloves, hats, and windshield scrapers).
19	Overweight	Overloading your trailer or tanker can have serious consequences to the handling characteristics of the vehicle. The additional weight can place stress on frame, suspension, wheels, and tires causing metal fatigue and failure as well as flatten tires. Be sure to distribute loads over the length of the trailer to distribute the weight more evenly and in accordance with bridge weight regulations.
20	Fire extinguisher basics: use the <i>PASS</i> system to put out the fire.	<p>Pull the pin.</p> <p>Aim the extinguisher nozzle at the base of the fire.</p> <p>Squeeze or press the handle.</p> <p>Sweep from side to side slowly at the base of the fire until it goes out.</p> <p>Remember to never endanger yourself. If the fire is too large to put out, sound the alarm immediately, and follow evacuation protocols.</p>
21	Footwear	Wear sturdy footwear with slip-resistant soles. You should know the situations and climate you will face each day.
22	Do you have a working fire extinguisher in your home?	<p>Include a working fire extinguisher in your disaster preparedness plans at home.</p> <p>Like all fire extinguishers, regularly inspect it to guarantee you have full charge when you need it.</p>
23	Healthy choices	<p>You are what you eat when it comes to good health, so the more you understand how to make good dietary choices, the better for your health. The same applies to understanding the benefits of counter measures to ward off fatigue. Fatigue countermeasures include:</p> <ul style="list-style-type: none"> * Obtaining a minimum number of hours of restful sleep. * Employing napping strategies. * Taking sufficient rest breaks from driving. * Paying attention to variations in mood, motivation, and performance. <p>With increased awareness, it is more likely you can act on the telltale warning signs of the onset of fatigue and waning alertness while driving.</p>

January | May | September

Day	Statement	Response
24	Hand washing basics.	<p>When washing your hands:</p> <ul style="list-style-type: none"> * Place hands together under water (preferably warm). * Apply soap (according to the manufacturer's directions) and rub your hands together for at least 20 seconds. * Wash all surfaces well, including wrists, palms, backs of hands, fingers, thumbs, and under the fingernails. * Clean dirt from under your fingernails. * Rinse the soap from your hands. * Use a towel to turn off the faucet. * Dry your hands completely with a clean towel, if possible. If towels are not available, it is okay to air dry your hands. * Pat your skin rather than rub to avoid chapping and cracking. * Avoid turning off the water with your clean hands. Use your paper towel or elbow. Then use your towel to open any doors before towel disposal.
25	Relating	Improving and maintaining your health will improve your chances of living longer, spending more quality time with your family, enjoying your hobbies, and other fun and important parts of life. In addition, your ability to be effective at your job can be enhanced by staying healthy.
26	Rear-end collisions	Maintaining a safe following distance is vital to help reduce a rear-end collision. Rear-end collisions are historically one of the most common and easily avoidable types of collisions. Do not tailgate. Leave yourself enough space to react.
27	Slow down for school buses	Slow down while approaching children that are awaiting school buses. Always stop for buses and wait patiently until all of the children have crossed the street safely. Pay attention to bus signals and wait until the bus has begun moving before you proceed.
28	What thieves want	After just a few minutes of casual conversation at a truck stop or on the CB radio, it can be easy to discern what a driver is hauling. Watch for unusual chatter on the CB radio, such as discussion of what someone is hauling and where they are going. Others may be very chatty about what they have and where they are going, to try to get you to discuss your plans.
29	Clearances	Collisions with bridges and overpasses can cause serious damage and injury. You should always measure the height of your load, especially if you are hauling material that sticks out of the top of a dump trailer or truck or any type of equipment. Special permits are required if your load is over 13' 6" high.
30	Grip	Be sure to look before exiting or entering a truck cab and use the three points of contact when climbing on equipment. Three limbs must be in contact with the vehicle or climbing apparatus at all times, preferably on a hand hold and step or rung. Use your entire hand to grip the hand holds and face the equipment. <i>Avoid jumping from the equipment!</i>
31	Nutrition	<p>Did you know that half of your plate for each meal should be fruits and vegetables? Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.</p> <p>Source: https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html</p>

February | July | October

Day	Statement	Response
1	Tornadoes	Listen for authorized tornado watches and warnings. Take cover in a basement or in a first-floor interior room without windows. If you are caught while walking or riding away from a safe shelter, consider taking cover in a ditch or depression.
2	Do not jump onto or off of loading docks.	To help avoid injury, use designated employee stairways to enter or exit the building.
3	Is your paperwork in order?	Know and understand the information. Replace any missing information or forms; if unsure, contact a supervisor or responsible party(s). Do not hesitate to ask questions.
4	Do not let it get worse	Stop immediately, remain calm and breathe. Secure the scene, move off the road if possible, and have passengers remain in a safe place. Set out warning devices, turn on 4-way flashers, and follow your company's procedures on aiding the injured.
5	Be a backup professional.	<p>One of the dangers of driving is letting good driving habits fade into bad habits.</p> <p>Basic safe backing precaution requires getting out of the vehicle to ensure the path is clear but is repeated multiple times a day or a week. This repetition often reveals no hazards to avoid. As a result, it becomes easier to assume it is unlikely that you will encounter another object. But a professional driver knows that collisions usually occur while backing up.</p> <p>Do not drive like an amateur; be a pro. Be prepared and alert and follow basic and company backing procedures.</p>
6	Cell Phones Increase Risk	<p>Driving while talking on cell phones (handheld and hands-free) increases the risk of injury and property damage crashes four-fold.</p> <p>Review your company cellphone/distracted driving policy.</p>
7	Driving duty limits	Regulated passenger carrier drivers may not drive beyond the 15th consecutive hour after coming on duty following 8 consecutive hours off duty, and a 10-hour driving limit a day after 8 consecutive hours off duty over either the 60-hour/7-day or 70-hour/8-day duty limits. (Part 395 - Hours of Service of Drivers)
8	Maintain a safe cushion	A safe following distance allows for a safety cushion if unexpected hazards appear, road conditions change or the vehicle ahead of you suddenly stops or changes direction. If someone cuts you off, reduce your speed to regain a safe distance.
9	Driver inattention	<p>Driver inattention (both physical and cognitive) and distractions are the leading cause of traffic crashes--responsible for about 80 percent of all collisions--according to the National Highway Traffic Safety Administration (NHTSA). The number one source of driver inattention is cell phones, according to a Virginia Tech/NHTSA 100-car study. How many times a day or week do you see others distracted while using cell phones? Name other distractions you notice.</p> <p>Source: US DOT Driver Distraction in Commercial Vehicle Operations, Virginia Tech Transportation Institute, September 2009: DriverDistractionStudy.pdf</p>
10	Check your headlights.	<p>Before starting your trip, make sure all of your lights are clean and working. This includes:</p> <ul style="list-style-type: none"> * Daylight running lights. * High-beams.

February | July | October

Day	Statement	Response
11	Electronic Logging Devices (ELD)	<p>Who must comply with the electronic logging device (ELD) rule?</p> <p>The ELD applies to most motor carriers and drivers required to maintain records of duty status (RODS) per Part 395, 49 CFR 395.8(a). The rule applies to commercial buses as well as trucks, and to Canada- and Mexico-domiciled drivers.</p> <p>The ELD rule allows limited exceptions to the ELD mandate, including:</p> <ul style="list-style-type: none"> * Drivers who operate under the short-haul exceptions may continue using timecards; they are not required to keep RODS and will not be required to use ELDs. * Drivers who use paper RODS for not more than 8 days out of every 30-day period. * Drivers who conduct drive-away-tow-away operations, in which the vehicle being driven is the commodity being delivered. * Drivers of vehicles manufactured before 2000. <p>Source: https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/regulations/hours-service/elds/74541/eld-rule-faqs-september-2018.pdf</p>
12	Oversize and length permits	<p>Prior to beginning a trip with an oversize or overweight load you must verify that you have the proper permits for the states that you plan to travel through. Pre-planning of the route will help ensure all of the proper permits are in place.</p>
13	Sleep bank deposits	<p>Adequate sleep means getting at least seven to nine hours of sleep. Schedule breaks about every 100 miles or two hours during long trips. Avoid having any alcohol or sedating medications prior to your trip. Check your medicine labels or ask your doctor.</p>
14	Prescription and over the counter medicine	<p>If you use prescription or over the counter drugs, you need to be aware of the regulations governing their use as commercial vehicle driver. The medication must be prescribed to you by a licensed physician. The role of the prescribing physician is to make a 'good faith' judgment that the use of the substance prescribed or authorized dosage level is consistent with the safe performance of your duties.</p> <p>If one or more doctors are treating you, you must show that at least one of the treating doctors has been informed of all prescribed medications.</p>
15	34-hour restart rules	<p>The 34-Hour restart rule states that from July 2013 the need for truckers to take two 1am-5am periods off in a 34-hour restart was suspended in Dec. 2014 for further research. The FMCSA conducted the CMV Restart Survey. In March 2017 results were sent to Congress. Once fully reviewed a final rule will be made. Drivers should continue to utilize the rule form from the FMCSA website:</p> <ul style="list-style-type: none"> * 60/70 Mile per Hour Limit * May not drive 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. * 34-hour restart no longer requires two periods between 1 am to 5 am. <p><i>Please be sure to review the Hours-of-Service rules periodically as they may change.</i></p> <p>Source: https://www.fmcsa.dot.gov/regulations/hours-service/summary-hours-service-regulations</p>

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16	Self-assess	<p>Bad driving habits often develop slowly over time as good habits deteriorate. If you want to find out if you are as good a driver as you used to be, try this, count how many times during a single day or week you:</p> <ul style="list-style-type: none"> * Follow too close. * Slam on the brakes. * Fail to signal. * Cut someone off at an entry/exit ramp. <p>No matter what the total, the goal should be ZERO.</p>
17	Fire extinguisher basics.	<p>Use a fire extinguisher only if it is completely safe to do so. Make sure you have a clear path to the exit in case the extinguisher is not effective.</p> <p>If there is any danger at all from fire, smoke, fumes, or extreme heat, leave the area immediately and follow emergency protocols for a fire.</p>
18	Correct or report slip, trip, and fall hazards.	<p>Slips, trips, and falls are the most common accidents in America. Every effort should be made to eliminate these hazards.</p> <p>Correct or report poor housekeeping situations immediately.</p> <p>Contact a Zurich risk engineer for a RiskTopic on this subject.</p>
19	My hands hurt when I go home. What could be causing it?	<p>Seek advice from your health nurse about possible causes for hand pain. Do you work all day in repetitive work, or perform activity that requires you to hold your hands still for long periods of time? Although you may not be able to vary your work duties, there may be ways to prevent injury, such as taking mini breaks to vary your routine, stretching, and ergonomic tools and equipment.</p>
20	Wash Hands	<p>Frequent hand washing helps to prevent the spread of colds, flu, and other communicable diseases. The US Centers for Disease Control suggests following these five steps every time:</p> <ol style="list-style-type: none"> 1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. 2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. 3. Scrub your hands for at least 20 seconds. (Need a timer? Hum the <i>Happy Birthday</i> song from beginning to end twice.) 4. Rinse your hands well under clean, running water. 5. Dry your hands using a clean towel or air dry them.
21	Oh, my aching back!	<p>If you go home each night with a backache, it is up to you to ask what might be causing it. Are you lifting too much weight? Are you putting yourself in awkward positions? There are many possible causes of back pain, both work- related and non-work-related. It is important that you investigate possible causes and seek solutions before it becomes unbearable.</p>
22	Exercise	<p>Regular physical activity helps improve your overall health and fitness while reducing your risk for many chronic diseases. It may seem difficult at first to find the time or energy to exercise, but even a little exercise a few days a week can help improve your health. Whether on the road (at rest areas and truck stops) or at home, try and go for short walks, do some push-ups, jumping jacks, stretch and engage in other physical activity.</p> <p>Always check with your doctor first to ensure you can perform new physical activities.</p> <p>Source http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html</p>

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23	Company Seat Belt Policy	The driver and all occupants are required to wear safety belts when operating the vehicle.
24	How IS my driving?	Feedback about driving behavior comes from a variety of sources including motor vehicle reports, accident reports and roadside violations to name a few. However, the driver should be the most influential monitor of their own driving. The driver has the most to lose if involved in a crash or for receiving multiple driving citations. Regulated drivers' roadside violations can be reviewed by prospective employers, who could determine a driver's employability in the future. Only you know how many chances you are willing to take.
25	Why use seconds?	Why should I use seconds instead of a vehicle count (e.g., a couple of car lengths) as a following distance measure? The following distance based on the number of vehicles can be too subjective. The length of vehicles varies. A compact car is a lot smaller than a large box truck or tractor-trailer.
26	<i>But I only closed my eyes for a second!</i>	<p><i>But I only closed my eyes for a second!</i></p> <p>At 60mph, a single second translates to speeding along for 88 feet. That is the length of two school buses.</p> <p>According to the NHTSA, drowsy driving causes approximately 80,000+ crashes a year. These accidents result in an estimated 35,000 injuries and 1,000 deaths. Those who sleep less than six hours are three times more likely to be involved in a crash.</p> <p>Get adequate sleep. Most adults need 7-9 hours to maintain proper alertness during the day.</p>
27	Follow the doctor's orders	If your physician requires you to take prescription medications, receive therapy, or follow special dietary guidelines, be sure that you follow the instructions for your personal health and safety while driving.
28	Making safe choices	Unfortunately, outside factors can have a negative impact on your decision making. Do not let missing a turn or running late for an appointment upset you and shift your attention from safety. Do not let the temptation to try to beat a traffic light win out over good judgment. Make the safer choice.
29	Stay informed	Dispatchers and drivers should check for any special situations or conditions that could pose a safe driving hazard before a trip begins and for the duration of the trip, such as delays, traffic, and condition of vehicle or cargo.
30	Driving privilege	Avoid losing driving privileges due to administrative cancellation resulting from a failure to pay tickets, non-driving-related reasons, or not reporting a change of address.
31	Rear-end collisions	Rear-end collisions are historically one of the most common, most expensive, and easily avoidable types of collisions. Maintaining a safe following distance and avoiding distractions are key practices to help prevent a rear-end collision. Do not tailgate, remain alert (no talking on the cell phone or texting), and leave yourself enough space to react.

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1	Medical card	<p>After each US DOT physical examination, be sure your card has all the required entries, the entries are accurate, and the information is legible. To protect the card, consider sealing it in a plastic cover.</p> <p>CDL drivers must now certify their type of driving (e.g., interstate, intrastate, etc.) and submit a current medical examiner's certificate (card) to the state in which they are licensed. Failure to do so can result in cancellation of commercial driving privileges by the state.</p>
2	Get help to back up	<p>When using someone to guide you while backing up, make sure that:</p> <ul style="list-style-type: none"> * They are in a safe but appropriate position to see hazards and be seen by the driver. * You and your guide have agreed on the hand signals to be used before backing up. * You and the guide should recall the path of travel is more than the ground. It is important to look up and around the trailer for sufficient clearance. * If you ever lose sight of your guide stop immediately.
3	Captain of the trip	<p>As a driver, you are the <i>captain of the ship</i>.</p> <p>By tradition, sea captains are responsible for returning their ships, sailors, and cargo safely to port. You are the captain of the ship and your trip. You have many <i>crewmembers</i>, from dispatchers to mechanics and emergency personnel patrolling highways. By being prepared and equipped with the skills and knowledge to safely operate your vehicle, you will be ready to navigate your way safely home.</p>
4	Refusing a test	<p>No employer shall permit a driver who refuses to submit to drug tests and medical evaluations to perform or continue to perform safety-sensitive functions (FMCSA Section 382.307: Reasonable Suspicion Testing).</p> <p>Some testing situations that drivers may not be aware of include:</p> <ul style="list-style-type: none"> * Failing to provide a urine specimen for any drug test, not including a pre-employment test. * Failing to provide a sufficient amount of urine when directed, and it has been determined, through a required medical evaluation, that there was no adequate medical explanation for the failure. * Failing to or declining to take a second test as directed by the employer or collector. * Failing to undergo a medical examination or evaluation as directed by the MRO as part of the verification process.
5	Do not jump out of or climb through dock doors.	Use designated employee stairways to enter or exit the building to avoid injury.
6	Pledge to not be distracted	<p>Take the National Highway Traffic Safety Administration pledge. Encourage your family and friends to do so too.</p> <p>Download the NHTSA form at http://www.distraction.gov/take-action/take-the-pledge.html</p>
7	Calculating your following distance	To calculate a six-second following distance, watch the vehicle in front of you pass a non-moving object (e.g., overhead bridge, streetlight, billboard, tree, etc.) and begin counting (one thousand one, one thousand two, etc.). By the time you get to that same fixed object, you should have counted at least six seconds. Recommended practice for commercial motor vehicles is considered six to eight seconds following distance.

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8	Avoid hard turns	Avoid hard turns, sudden stops, quick accelerations, and driving over curbs or through potholes. Most of all, avoid being involved in a collision.
9	Interventions	As a driver, you have probably noticed another driver's attitude regarding safe driving is questionable or high risk in nature. As a fellow employee or friend, do not ignore the problem or avoid talking to them. You could be helping them keep their job, their life and/or save the lives of others.
10	Planning your route	Know if there are any travel restrictions on your route, be prepared to be stranded or delayed, check weather and road conditions from TV or radio stations, or internet websites such as the FHWA's national weather and road map, designated traffic hotlines, local police, emergency response personnel and state police.
11	What are the risks of speeding?	Traveling 65 mph in a 55-mph zone increases your odds of being in a collision by 31%. (ATRI) Speeding can increase liability in a crash situation. Observe reduced speeds in school, construction, and hospital zones. Remember, as a professional driver the expectations are high, but you are the person who may suffer unfortunate consequences.
12	Click it or Ticket	A driver cited for not wearing a seat belt during a roadside inspection may receive the maximum number of CSA points allowed, and both the driver and the motor carrier may be charged. Every year during holidays, law enforcement agencies join forces day and night, from coast-to-coast, for an enforcement blitz that delivers the message Click It or Ticket. The mobilization is supported by national and local paid advertising and earned media campaigns aimed at raising awareness before the blitz.
13	Random testing	If you are required to submit a specimen for a random test, proceed immediately to the collection location. Immediately does not mean within two hours. Immediately means that after notification, all the employee's actions must lead to an immediate specimen collection.
14	Changing Weather	From summer to fall or winter to spring, changing seasons will require being prepared to handle different weather and road conditions. One precautionary step includes ensuring you have supplies to handle winter weather. Check the condition of snow removal tools and equipment, stores of salt, windshield washer fluid and appropriate bad weather gear (including warm clothing, gloves, hats, and windshield scrapers).
15	Report missing or damaged fire equipment.	The safety of the guests and associates may depend upon the fire protection equipment being present and operational.
16	Top health risks	<p>The top critical health risks to commercial vehicle drivers can include:</p> <ul style="list-style-type: none"> * Smoking and tobacco use * Obesity (being overweight) * Hypertension (high blood pressure) * Poor eating habits, diet, and nutrition * Using alcohol, drugs, and other chemical substances * Lack of physical activity/physical fitness * Psychological stress and mental fitness
17	When you work with chemicals, you have a right to know...	<p>For each hazardous chemical you work with, you need to understand the safety and health hazards, as well as know proper precautions to take to keep yourself and others safe.</p> <p>If you have any questions about a product you work with, you should review the Safety Data Sheet (SDS).</p>

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18	Always wash your hands after using the restroom.	This is the easiest way to prevent foodborne illness.
19	Good shoes are essential to preventing slips, trips, and falls.	Shoes should be slip resistant and in good condition. Sports shoes are not all slip resistant. When you walk, your heel hits the ground first, so watch for wear and tear in the heel areas.
20	What does <i>building a bridge</i> mean regarding back safety?	<p>You may occasionally bend over to pick up a piece of paper or other debris or items on the floor or ground. When you do, be sure to <i>build a bridge</i>. This simply means to support your upper body (which weighs significantly more than your lower body). This can be accomplished by placing one hand on your knee or inner thigh or on a stable item, such as a table or counter. This support of your upper body will lower the risk of injuring your lower back.</p> <p>In many industries, strains and over exertion injuries remain one of the top workers' compensation causes of loss.</p>
21	The seat belt pledge	<p>Take the pledge:</p> <p><i>I will wear my safety belt because my wellbeing greatly affects my family and loved ones. It is my responsibility to maintain control of my vehicle. Using my safety belt is my best chance of remaining in control of my vehicle in a crash or emergency. I will always remember to buckle up.</i></p>
22	Polling results	For many years, government and research institutions have surveyed drivers across the nation to determine how they rate their driving compared to other drivers they observe. Driver responses indicate high ratings for themselves and significantly lower ratings for other drivers. Are you being honest with yourself about your driving?
23	If there is a spill, follow company policy	Be sure to have a copy of the company spill and emergency response procedures and emergency telephone numbers of those designated to help manage the consequences of a spill involving a load of hazardous materials.
24	Secure parking	Vehicles and their cargo obviously are most at risk of theft or vandalism when they are parked. Remember, freight at rest is freight at risk.
25	Safety components and systems	Make certain steering and suspension parts are intact and that there are no rust streaks around mounting bolts and brackets. Check the fifth wheel to ensure the latching mechanism is in the closed position and that the tractor trailer chassis is also free of loose mounting bolts and cracks.
26	Check and Inspect	Check for correct coolant level, inspect defrosting and heating equipment and check wipers and windshield washers to ensure that they are working. Carry spare wiper blades and extra washer fluid. Check tire chains to ensure they are free of broken or missing links and straps. Check exhaust systems for signs of soot marks indicating possible exhaust leakage.
27	DOT Emergency Response Guidebook	Always have a copy of the DOT Emergency Response Guidebook handbook nearby. It contains the emergency response information you may need for the products you are carrying.
28	Housekeeping and maintenance	Check step treads, handrails, and all seats regularly and repair them when faulty; keep approved cleaning supplies, and trash bags readily available to ensure passenger comfort. Remove all food and beverage debris that could attract insects.

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29	Floods	<p>Streams and river conditions can change dramatically when the snow is melting or during high levels of sustained rainfall. The force of flood waters can lift people, buildings, cars, vans, buses, and trucks off of the ground.</p> <p>Remember to:</p> <ul style="list-style-type: none"> * Inspect any vehicle including trailers that may have been submerged while parked in a flooded area. * Check your cargo, wheels, seals, brakes, or other components for water infiltration.
30	Relaxing	<p>Learn to lower the stress associated with your driving duties by recognizing stress inducing situations. Identify situations or conditions that are common <i>stress triggers</i> at work and during off-duty hours. Think about what creates stress before work, during work and in your personal life. Running late, financial concerns, personal relationships, traffic, or weather are just a few many people experience often.</p> <p>Worry only about those things over which you have control to relieve anxiety. Remember, you will be calmer in a fast-paced world both at home and at work, by learning to recognize, control and manage our own responses to stress.</p>
31	Climbing onboard	<p>Hand holds and steps need to be easy to reach from the ground and easy to locate in the dark. Steps and hand holds should be close enough to avoid awkward positioning.</p>

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1	Police and emergency services	<p>Call for help from police and emergency services and notify your company contact person.</p>
2	Lining up	<p>Be sure that you begin the backing maneuver by avoiding blind side backing. If needed, you should go around and re-position your vehicle. Having your mirrors aligned and in good condition will increase your visible line of sight. Remember, it is the responsibility of the driver to always back up safely whether using an assistant or not.</p>
3	Do you know the consequences?	<p>Driving decisions are often affected by outside influences that cause a shift of focus away from the driving task. Glancing down at a cell phone or other device for even a few seconds can be the equivalent of driving the length of a football field blindfolded. Remember, the consequences could be permanent.</p>
4	Improving your odds	<p>During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are the best defense against impaired, aggressive, and distracted drivers.</p> <p>Source NHTSA https://www.nhtsa.gov/risky-driving/seat-belts</p>
5	Reducing risks	<p>As a professional driver, you are expected to comply with the posted speed limits. For large vehicles, the stopping distances are greater than smaller vehicles, and highway speed limits are often set differently for trucks. Lowering speed gives you the time to see ahead and the ability to adjust to adverse conditions as they develop.</p>

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6	Rest Breaks	<p>Drivers may drive only if 8 hours or less have passed since end of driver's last off-duty or sleeper berth period of at least 30 minutes. This rule does not apply to drivers using either of the short-haul exceptions in section 395.1. <i>Mandatory in attendance</i> time may be included in break if no other duties performed.</p> <p>Source: https://www.fmcsa.dot.gov/regulations/hours-service/summary-hours-service-regulations</p>
7	Refueling	<p>Maintaining a healthy diet helps you to sustain the necessary energy and alertness needed to drive safely.</p> <p>Pack healthy snack options and water before setting out to drive. This will prevent the need to pick up unhealthy options from gas stations and fast-food restaurants.</p>
8	Heart disease	<p>Heart disease is the leading cause of death for both men and women. According to the Centers for Disease Control (CDC) approximately 697,000 people die of heart disease in the United States every year.</p> <p>That is, one in every five deaths is caused by heart disease. To help prevent heart disease:</p> <ul style="list-style-type: none"> * Eat a healthy diet. * Maintain a healthy weight. * Exercise regularly. * Do not smoke. * Limit alcohol use.
9	Why do my shoulders ache after a hard day at work?	<p>Are you practicing good posture? Although there may be other reasons for your shoulder ache, lack of proper posture is often the root cause. Lack of good upper body strength to safely perform your job duties may also be a contributing factor.</p> <p>Consider the value of daily stretching as a key component of injury prevention.</p>
10	Responsible to whom?	<p>Drivers are responsible for observing company work rules and motor vehicle laws and knowing the consequences of poor judgment, including those affecting your loved ones.</p> <ul style="list-style-type: none"> * Your employer relies on you completing your assignments as expected to remain a viable business, and the public relies on you not to harm others. * Your family may rely on your financial support, emotional support but more importantly, they rely on you being there for future holidays and other life events.
11	Bend at your knees; save your back.	This old familiar message is still important.
12	Load security	Thieves most often target consumer goods, both high-value and routine commodities that can be easily resold at nontraditional or secondary retail outlets. Thieves often steal industrial products where the black market in industrial commodities is alive and menacing.
13	Pre-plan flags	The Federal Motor Carrier Safety Regulations 49 CFR Part 393.87 requires that warning flags must be used on loads that project or stick off the rear of the trailer or the sides of the trailer. The warning flags must be red or orange fluorescent and be at least 18 inches square. Flags must be placed to show the maximum width and length of the load projecting or sticking out over the rear and sides of the trailer.

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14	Seat belt use: Not optional	In accordance with Section 392.16 of the Federal Motor Carrier Safety Regulations (FMCSR), all CMV drivers must be belted, including anyone in the sleeper berth. The regulations say that a CMV with a seat belt assembly installed at the driver's seat shall not be driven unless the driver has properly restrained himself or herself with the seat belt assembly.
15	Fatigue warning signs	Examples include: <ul style="list-style-type: none"> * Unable to stop yawning. * Trouble keeping your eyes open and focused, especially at stop lights. * Driving becomes sloppy and you weave between lanes, tailgate or miss traffic signals. * Finding yourself hitting the grooves or rumble strips on the side of the road. * Finding yourself opening a window or turning up the radio to stay alert. * Driving aggressively to get to your next destination faster.
16	Communicate defects	Submit written vehicle condition reports after every trip to maintenance personnel to ensure all defects are repaired before becoming a danger to safe operation of vehicles.
17	Rejuvenating	You can improve your physical health by maintaining a regular exercise routine that includes activities like walking, biking, or other forms of exercise.
18	Healthy habits	By necessity, drivers have long hours of physical inactivity while driving. Seek help in developing an exercise and fitness program to help improve stamina and strength. If you are fit from exercising routinely, you can also reduce stress and improve your mental wellbeing.
19	Engine and cab compartments	Check for correct coolant level, inspect defrosting and heating equipment and check wipers and windshield washers to ensure that they are working. Carry spare wiper blades and extra washer fluid. Check tire chains to ensure they are free of broken or missing links and straps. Check exhaust systems for signs of soot marks indicating possible exhaust leakage.
20	Counter measures	Here are some tips to help reduce driving fatigue. Pull off in a safe area and take a brief nap (15 to 20 minutes). Longer naps may result in sleep inertia, leaving you groggy and disoriented, which can be detrimental to driving. Drinking a caffeinated beverage may promote short-term alertness, but it takes about 30 minutes for caffeine to enter the bloodstream. Keep in mind that caffeine will not have much of an effect on people who consume it regularly.
21	What is the proper way to lift a carton/object?	When lifting cartons or objects: stand with your feet apart for good balance, with shoulders and hips aligned, bend at your knees, not your waist. Maintain the natural curve in your back. When lifting, let your leg muscles do the work. Keep the load you are lifting close to your body to ease the pressure on your spine. Turn with your feet; do not twist the trunk of your body. When you set the load down, squat down slowly by bending your knees.
22	Stay calm	Be patient; do not let the behavior of others change your attitude about driving safely and making safe driving choices.
23	Health and fatigue	Drivers who are generally more health conscious in their beliefs and behaviors, and who are more physically fit, are more likely to maintain continuously high levels of driving alertness and attention. Source: http://www.nhtsa.gov/people/injury/drowsy_driving1/listening/Sect3.htm

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24	Crash statistics	Use of, or reaching for, an electronic device made the risk of crash or near-crash event 6.7 times as high as non-distracted driving; and Text messaging made the risk of crash or near-crash event 23.2 times as high as non-distracted driving.
25	Arrive Safely	Once a trip begins, arriving at your destination depends on making safe driving decisions. As the driver, you must make safe driving decisions to arrive safely at your destination.
26	Information collection	Collect information at the scene including exchanging information with others including names and phone numbers. Make no statements, admission of fault, or otherwise volunteer information.
27	A visit to Real Ville	Is the risk of a crash worth answering a text, answering a call, adjusting the radio, or eating a meal while driving? Here is one of many faces of victims of a distracted driving crash; In May of 2008, a young woman and her parents attended her college graduation ceremony. On the way home, a young driver talking on his cell phone ran a red light, causing a tractor-trailer to swerve and crash into that vehicle. The young woman was critically injured, and both of her parents were killed instantly.
28	Driver education and training	Employers are required to provide educational materials about alcohol and controlled substance regulations, along with the employer's policies and procedures regarding meeting the requirements of the regulations. Drivers must sign a form confirming receipt of this information.
29	Use the <i>4 second rule</i> when following another vehicle.	At a minimum, there should be at least 4 seconds of separation between your vehicle and the vehicle ahead of you. This allows for a safe cushion if unexpected hazards appear, road conditions change, or the vehicle ahead of you suddenly stops or changes direction. To calculate the following distance, watch the vehicle in front of you pass a non-moving object (e.g., overhead bridge, streetlight, billboard, etc.) and begin to count (one thousand one, one thousand two, etc.). By the time you get to the same fixed object you should have counted at least 4 seconds. If conditions are adverse (wet pavement, poor lighting, etc.) add one second for each.
30	Driving privilege	Avoid losing driving privileges due to administrative cancellation resulting from a failure to pay tickets, non-driving-related reasons, or not reporting a change of address.
31	Compliance, Safety, Accountability/ Safety Measurement System, and you	Violations charged to you may also affect your motor carrier's scores. Many shippers require that regulated fleets doing business with them meet certain violation score limitations and exceeding those limitations may potentially cause the loss of business. Likewise, a driver's score may impact the driver's ability to obtain future employment.

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