

Monthly Safety Training



BE PREPARED.

- Allow enough time for rest breaks and traffic conditions.
- Add extra time for the unknowns if your trip takes you along an unfamiliar traffic lane.
- Leave on time.
- Call your dispatch to adjust schedule if detained at shipper.

KEEP YOUR COOL.

- Stress and anger have been proven to be leading causes of speeding.
- Don't let aggressive drivers around you ruin your day.
- Don't let an unexpected delay because of traffic congestion, detention times or mechanical issues make you lose your cool.
- Don't let personal or work problems interfere with your focus.

STAY WEATHER AWARE.

- Monitor weather forecast for rain, snow, high winds and add time to trip as required
- Use traffic apps and government websites
- Federal Highway Administration's National Traffic and Road Closure information site is a helpful resource and can be accessed [HERE](#).

ROAD CONDITIONS MATTER.

- Wet roads, snow, icy conditions? Slow down or park if unsafe to drive.
- High winds? Slow down or park if unsafe to drive.
- Construction work zone, school zone? Slow down.
- Heavy traffic? Slow down and keep safe following distance.
- Broken, poor pavement conditions? Slow down.

KNOW YOUR LOAD.

- High loads and heavy loads like steel coils can raise your center of gravity, increasing the likelihood of overturn accidents.
- Take extra caution and slow down at ramps and turns.
- Momentum created by a heavy load will increase stopping distances, especially at high speeds.



TAKE THE QUIZ!

We have created short, fun games for each monthly safety training topic. Scan or click the code to play along!



SPEEDING

SEPTEMBER 2024

SPEED CHAOS: SPEED KILLS

[CLICK HERE: https://bit.ly/3Cwt1Me](https://bit.ly/3Cwt1Me)

