



# SPEED & DRIVER BEHAVIOR

JULY 2026

Behind the 8 Ball - Avoid MVAs  
[bit.ly/3V8MyKP](https://bit.ly/3V8MyKP)



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# Monthly Safety Training



A  
professional  
driver

## ALWAYS DRIVE WITH A PLAN.

Professional drivers stay ahead of danger by planning their actions and anticipating what could happen next.

## BUILD IN REACTION TIME.

Leave enough space and time to respond to sudden hazards, like a deer entering the roadway or traffic slowing unexpectedly.

## CONTROL YOUR SPEED & SPACE.

Safe drivers never speed or follow too closely; they maintain proper distance to keep themselves and others protected.

## USE DEFENSIVE DRIVING TECHNIQUES.

Staying alert, patient, and aware not only keeps you safe, it keeps you on schedule and keeps your career on track.

## PROTECT WHAT MATTERS MOST.

Your job, your health, and your life depend on consistent, safe driving habits. Every mile, every day.

## SCAN THE CODE, LEARN MORE.

We have selected a video from our Safety Library for each monthly safety training topic. Scan or click the code to view it!