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TEXAS

SAFETY COACH CARDS



COV01

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These **Safety Coach** cards can be used in or out of the office setting.

Cards feature discussion points and questions with suggested answers. Each card is labeled with a topic.

COV01

OUR DRIVING CONCERN

TEXAS EMPLOYER TRAFFIC SAFETY PROGRAM

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Contact ourdriving.concern@nsc.org today for more information about the free **Our Driving Concern** program for employers.

If you love these free Safety Coach Cards, there are many more **FREE resources** your company can use to train employees and reduce costs!

COV02

DRIVING BASICS

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Which vehicle has the right of way in a **four-way intersection** if the traffic signals are not working?



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Four-Way Intersection without signals (or when signals aren't working):

- ✓ The **first driver who arrives** gets to go first. If you "tie" with someone, it is safest to yield to the driver on your right. Be careful—not everyone follows these guidelines.

DB01

DRIVING BASICS

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What safety tips should you remember when approaching a **railway crossing**?



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- ✓ Reduce speed when approaching crossings and look both ways.
- ✓ Turn down your stereo and listen for a train.
- ✓ If red lights are flashing or if crossing arms have been lowered, stop.
- ✓ Never stop on the tracks.
- ✓ Be sure **ALL** tracks are clear before crossing—there may be more than one set of tracks.

DB02

DRIVING BASICS

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What do **ART LESSONS** and **engine leaks** have in common?



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COLOR! You may be able to help identify the type of engine leak simply by looking at the liquid's color. It is always good to inform your mechanic what you observe.

- ✓ **Motor oil—**dark brown or yellow; feels slippery
- ✓ **Transmission fluid—**pink or red; feels slippery
- ✓ **Antifreeze—**green or orange; sweet smelling
- ✓ **Power steering fluid—**completely clear

DB03

DRIVING BASICS

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Unlike owls, humans can't swivel their heads around to face backwards. If only we could, driving backwards would be easier!

Name three things you **CAN** do to back up your vehicle safely.



DB04

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- ✓ If someone's with you, use that person as a **"spotter" to help guide** you when backing.
- ✓ Choose **easy-exit parking** spaces that don't crowd neighboring vehicles.
- ✓ Do a **walk-around** first. This gives you a firsthand view of the backing area and any limitations.

DB04

DRIVING BASICS

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Have you ever had a **close call**—a time when you **lost control** of your vehicle?

What can you do to **regain control** of your vehicle?

DB05

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TIPS for **regaining control**:

- ✓ Remain calm no matter what.
- ✓ Look where you **WANT** to go, and point the wheels in that direction.
- ✓ Don’t slam on the brakes, but ease up on the gas pedal.

DB05

DRIVING BASICS

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Which vehicle has the right of way in a **T-intersection**?



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T-Intersection: The major road, or the top of the "T" of the intersection, has right-of-way generally, but it is important to watch for any vehicles as you enter traffic.

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DRIVING BASICS

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What are the rules for vehicles using a **Roundabout**?



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Roundabouts: Slow down, watch for new cars entering the flow of traffic, and know where you are going before entering the roundabout. **Those already in the roundabout have the right-of-way.** Do not stop or pass other vehicles. Use signals when entering or exiting. If you miss your turn, go around the circle and try again.

DB07

DRIVING BASICS

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One modern train engineer recently stated, “There are two types of train engineers—those who have hit someone on the tracks—and those who will.” **Why did the engineer say this?**

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Train engineers know the extreme distance it takes to bring a moving train to a complete stop:

- ✓ A freight train going 55 mph **needs a mile or more to stop—the length of 18 football fields.**

DB08

DRIVING BASICS

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What is the right thing to do if you are driving and see an **emergency vehicle** in front of or behind you, with lights flashing and siren on?

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If the emergency vehicle is behind or ahead—and the way is clear—**pull over as far as you can** to the right side of the road and come to a stop. **Use your turn signal to indicate where you're moving**, and **keep a foot on the brake** to let emergency vehicle drivers know you have stopped.

DB09

DRIVING BASICS

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What is the right thing to do if you are **already in an intersection** and an **emergency vehicle** is approaching with lights flashing and siren on?

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Wait to see if the emergency vehicle needs to turn at the intersection. If it's not turning, continue through intersection and then pull over as soon as you safely can. **Use your turn signal** to indicate where you're moving, and **keep a foot on the brake** to let emergency vehicle drivers know you have stopped.

DB10

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You’re driving along and suddenly the weather becomes a concern.

What are the **first two things** to do to keep driving safely?

DB11

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Two things to do immediately when weather affects road conditions are:

- ✓ **reduce** your speed and
- ✓ **increase** your following distance.

DB11

DRIVING BASICS

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When driving, every second matters when you spot risks.

How can counting seconds **save your life**?

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In normal driving conditions, it takes about 1.5 seconds to notice a potential risk and 1.5 seconds to react. **Wait for the vehicle ahead of you to pass a fixed object** (road sign, tree, etc.) then start counting “1,001, 1,002, 1,003”.

- ✓ If you reach that same object before three seconds—**you’re too close!**
- ✓ **In an SUV:** distance should be at least **five seconds**.
- ✓ I**n commercial vehicle** or in adverse conditions: following distance should be at least **six seconds**.

DB12

DRIVING BASICS

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What do an **astronaut** and a **safe driver** have in common?



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They both need SPACE. Maintain SPACE around your vehicle.

Remember:

- ✓ Use the three-second-rule to keep space between you and the vehicle ahead.
- ✓ Don’t drive parallel with another vehicle. (Leave room on both sides of your car to escape potential obstacles.)
- ✓ Let tailgaters pass you.

DB13

DRIVING BASICS

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Hopefully, the only tailgating you run across is after a football game. But—what should you do **if someone is tailgating you** on the road?



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ANSWER: If someone tailgates you, move into another lane and let the tailgater pass. Or, pull off the road so the person can pass. Avoid speeding up or slowing down.

Most of all—don't take it personally! Keep calm.

DB14

DRIVING BASICS

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How can a driver see into the future?



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ANSWER: Look!

Look ahead: As you drive, look four or five vehicles in front of you. This helps you anticipate stops, slowdowns, curves or other changes coming in the traffic or roadway.

Look behind: Check your rearview mirrors approximately every ten seconds. This helps you anticipate hazards approaching from behind.

DB15

DRIVING BASICS

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Unlike taking a test in school,
PASSING is not always a good thing.

✓What are some situations when you should NOT pass another vehicle?

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ANSWER: It is unsafe and can be illegal to pass another vehicle when:

- ✓ your line-of-sight is restricted or limited (e.g., a curve, hill or weather conditions).
- ✓ cross-traffic is present.
- ✓ a solid yellow line is on your side of the roadway.
- ✓ a school bus is loading or unloading children.

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DRIVING BASICS

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What steps should you take to **PASS** another vehicle **safely**?



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ANSWER: When passing another vehicle:

- ✓ Scan for hazards, e.g., oncoming, merging, and/or vehicles approaching from rear
- ✓ Check for blind spots and signal your intention
- ✓ Accelerate to appropriate speed into passing lane
- ✓ Concentrate on the path ahead
- ✓ Check the mirror for following cars
- ✓ Cancel turn signal after passing

DB17

DRIVING BASICS

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Have you ever had trouble **backing a vehicle out of a parking spot** in a busy parking lot?

✓ What are some things you can do to back up as safely as possible?

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Check to make sure the path to the rear and sides is clear **BEFORE getting in the car** (especially of small children and objects). Check all blind spots carefully.
Keep your foot firmly on the brake pedal while shifting to reverse. **Back up slowly** and be prepared to stop quickly.
Look in the direction you are moving. Remember, the rear of the vehicle turns in the direction you turn the steering wheel when backing up. If you become confused or disoriented, **stop and begin again**.

DB18

DRIVING BASICS

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Marvin gets out of his car and starts to cross the middle of the street, all while answering a text message on his phone. A car quickly swerves to avoid him.

What should Marvin have done differently to be a safe pedestrian?

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PEDESTRIAN SAFETY TIPS:

- ✓ Always cross at intersections and crosswalks.
- ✓ Look for traffic when stepping off a bus or from behind parked cars.
- ✓ As a passenger, get in or out of a car on the curb side of the street.
- ✓ Make eye contact with drivers before you cross the street.
- ✓ Don’t text or talk while walking!

DB19

DRIVING BASICS

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Not everyone is a driver, but **everyone is a pedestrian at some point**. What should a pedestrian **never assume** about a driver?

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- ✓ **Never assume a driver sees you.**
- ✓ Make eye contact with drivers as they approach to make sure you are seen.
- ✓ Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight at night.

DB20

DRIVING BASICS

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What should a driver do to keep everyone safe when there is a **cyclist on the road**?



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TIPS FOR DRIVERS

- ✓ Be on the lookout for cyclists on the highway, especially at intersections.
- ✓ If you're passing a bicyclist, move to another lane if possible and give them plenty of room.
- ✓ Watch for riders who may need to maneuver around potholes and debris.
- ✓ Never drive in a bike lane.

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DRIVING BASICS

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True or False?

Bicyclists have the same rights and responsibilities as drivers.

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Answer: **TRUE!**

As a bicyclist, obey all traffic laws, including:

- ✓ Stop at red lights and stop signs
- ✓ Pay attention to lane markers
- ✓ Ride near the curb, traveling in the same direction as traffic
- ✓ Use a light on the front and a red reflector or red light on the back of your bike while riding at night

DB22

DRIVING BASICS

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Don’t make a mountain out of a molehill.

What are some tips for parking your vehicle on an **uphill street** or **downhill street**?



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UPHILL: Turn your front tires away from the curb, and let your vehicle roll back slowly until the rear part of the front tire rests against the curb.

DOWNHILL: Turn your front tires toward the curb, and let your vehicle roll forward slowly until the front tire rests against the curb.

IF THERE IS NO CURB PRESENT, still turn your tires as stated above, so that if your vehicle moves for some reason, it will roll away from traffic.

DB23

DRIVING BASICS

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- ✓ What **parallel parking advice** have you heard or tried?
- ✓ Did the technique work?

See reverse for a parallel parking technique to try.

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To parallel park in a space on your **RIGHT**:
Find a spot roughly **6 feet longer** than your car. • **Pull up three feet away** from side of car you'll park behind and align your back tires with the other car's back bumper. **STOP**. • Keep foot **on** or **near** brake pedal. The gas is not needed. • **Put your turn signal on** and check your blind spots. • Put car into reverse. Turn wheels **ALL THE WAY** to the right. • Carefully back up until you are at a 45-degree angle, and **STOP**. • Turn your wheels **ALL THE WAY** to the left. • Back up slowly until you are parallel with the curb.

DB24

DRIVING BASICS

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True or **False**?

Some Work Zones are **mobile** and **moving**.



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TRUE.

Mobile and moving work zones include line painting, road patching, or mowing. Just because you do not see workers immediately after you see a **Work Zone** sign does not mean they are not out there. Observe the posted signs until you see one that says **End Road Work**.

DB25

DRIVING BASICS

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Roadway work zones are **hazardous**, both **for workers and motorists** who drive through the complex array of signs, barrels and lane changes.

✓ What are some **tips to keep in mind** when driving through work zones?

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- ✓ **SLOW DOWN**. Always follow posted WORK ZONE SPEED LIMITS. Speeding is one of the major causes of work zone crashes.
- ✓ **PAY ATTENTION**. Workers and heavy equipment may be only a few feet from passing vehicles.
- ✓ **BE PATIENT**. Delays can be frustrating. It only takes a few extra minutes to slow down for a work zone.
- ✓ **PLAN AHEAD**. Leave a few minutes early when traveling through a work zone to reach your destination on time.

DB26

DRIVING BASICS

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You might get a little **DUSTY** driving in a dust storm.

What can help you drive safely in a dust storm?



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When driving in a dust storm, remember:

Driving lights should be off

Up the volume on your radio

Stay off the freeway if possible, exit at a ramp

Three hundred feet visibility before driving

You watch out—as heavy rains may follow

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DRIVING BASICS

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What can help you when driving into the **SUN**?



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When driving into the sun remember:

S unglasses—polarized ones help reduce glare

U tilize your sun visor—it can help block out the sun

N ot following too closely—leave following room as it can be hard to see what the car ahead is doing

DB28

DRIVING BASICS

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Does the summer heat affect your car tires?

Yes, it does.

What can you do to help your **tires stay inflated** in **hot weather**?



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Check your tires **MONTHLY**!

In the hot summer months, the high heat and hot roadways contribute to the breakdown of tires and a greater opportunity for tire failure.

Under-inflation leads to…

- Poor fuel economy
- Sluggish handling
- Longer stopping distances
- Poor traction and braking
- Increased stress to tire components

DB29

DRIVING BASICS

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Are your **tires old enough** to enroll into Kindergarten?

If so, what do you need to do?



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Most tire manufacturers recommend **replacing your tires** (including your spare) **every 6-10 years**.

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What **5-minute task** each month could save you **money**?



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The total amount of time required to **check your tires' air pressure** is about **ten seconds** a day…or **five minutes each month**.

Doing this can help you…

- ✓ Avoid crashes caused by tire pressure issues such as poor traction, braking and handling
- ✓ Save around 12 cents on each gallon of fuel—proper inflation also enhances fuel efficiency!

DB31

DRIVING BASICS

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What do these two things have in common: a **BOSS** and a vehicle **DASHBOARD**?



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They both give **WARNINGS** that shouldn't be ignored.

- ✓ Vehicles with an on-board diagnostics system trigger warning lights for various reasons.
- ✓ Ignoring these warnings could cause significant damage to your vehicle, but more importantly put you, your passengers, and others around you in danger.

DB32

DRIVING BASICS

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Check engine light on? You may have to **CAP IT UP**!

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- ✓ Too much emissions **trigger your vehicle's check engine light**.
- ✓ A properly fitting gas cap can **save you money** at the pump…and **save the environment** by avoiding excess evaporative emissions!

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DRIVING BASICS

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Don’t be a **DRIP**!

What can happen to your car if you ignore a drip?



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- ✓ Drips may be caused by leaks which can lead to low fluid levels.
- ✓ Low fluid levels may affect the **efficiency** and **performance** of your vehicle.
- ✓ If the engine fluids run low or become empty, the damage to your vehicle may be **irreparable**.
- ✓ The engine could dry up and cause the entire vehicle to overheat, **putting your safety at risk**.

DB34

DRIVING BASICS

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Don’t **TREAD** lightly when inspecting your tires!

What should you look for?



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Be on the lookout for tires with…

- ✓ Worn spots, cracks, or cuts exposing the ply or cord through the tread.
- ✓ Visible bumps, bulges, or knots due to tread or sidewall separation.
- ✓ Worn tread with 1/16” or less of design depth remaining.
- ✓ Tread wear indicators in contact with the road.

DB35

DRIVING BASICS

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When you approach an intersection where you need to turn—**what should you do**?



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Be sure to…

- ✓ Slow down and be prepared to stop when turning or otherwise entering a crosswalk.
- ✓ Yield to pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the crossing pedestrians so they can stop too.
- ✓ Never pass vehicles stopped at a crosswalk.

DB36

DRIVING BASICS

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Drivers…

To YIELD or not to YIELD—it's not really a question.

What **are** the rules?



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In most states, vehicles should **YIELD** the right-of-way to any pedestrians who are:

- ✓ In their same half of the road as a marked/unmarked crosswalk, or
- ✓ Close enough from the opposite side of the road to be in danger, or
- ✓ Approaching on a sidewalk as the vehicle is emerging from any alley, building, private road, or driveway.

DB37

DRIVING BASICS

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Do you need **X-ray vision** to see an unmarked crosswalk?

How do you know if it's a crosswalk if it's unmarked?



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NO X-RAY VISION IS NEEDED!

Marked pedestrian crosswalks are obvious with painted lines or other markings, signs, or signals on the surface…and can be midblock or at intersections.

UNMARKED CROSSWALKS do not have these markings. An intersection with **cross-streets that have SIDEWALKS** are considered unmarked crosswalks—the sidewalk crossing "continues" across the road. (Unless there is a no-pedestrian sign posted.)

DB38

DRIVING BASICS

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"I was here first!"

WHO YIELDS when entering the highway?

HINT: It's both the law AND common sense.



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Drivers entering a highway or freeway should…

- ✓ Yield to vehicles already driving—otherwise a collision may occur.
- ✓ A driver may yield to avoid a potential collision, but it is the merging driver's duty to slow or come to a stop until it is safe to merge.

This is also true when changing lanes—the merging vehicle should yield to those already in the lane.

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DRIVING BASICS

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Winter, spring, summer and fall…

Name something you should do each season to keep your car in great shape.



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We hope you said **OIL CHANGE** as an answer!

- ✓ Change your oil and filters as recommended by your vehicle's manufacturer to help your vehicle operate efficiently and increase its odds of passing an emission test.
- ✓ It is also important to use the type of oil and fuel recommended by the manufacturer for best performance.

DB40

DRIVING BASICS

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FACT or NOT?

More than a 25 million children and teens depend on over 480,000 buses to get them safely to and from schools every day.



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Answer: FACT

Kids depend on motorists to know the law and drive safely around school buses. As a motorist, you should…

- ✓ Obey the posted speed limit. (Fines INCREASE in school zones.)
- ✓ Keep an eye on children gathered at bus stops.
- ✓ Watch for children who might dart across the street to catch the bus.
- ✓ Stay off your cell phone…avoid distracted driving.

DB41

DRIVING BASICS

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If you think trains will stop if they see a car on the tracks, you're right. They will **—about a mile after they hit you.**

Railroad crossing safety is a serious matter. What do you need to remember at railroad crossings?

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At a railroad crossing, always remember to...

- ✓ Slow down and look both ways.
- ✓ Turn down your stereo and listen for a train.
- ✓ **STOP** if red lights are flashing.
- ✓ **STOP** if crossing arms have been lowered.
- ✓ Check all tracks are clear both ways before crossing—there may be more than one set of tracks.
- ✓ Check if there's room on the other side of the tracks.
- ✓ Never stop on the tracks. Never race a train.

DB42

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Do you like to race?

Racing a train…

…is a race **you cannot win.**

WHY?

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Always stop for trains. Trains **can't** stop for **you**.

The U.S. Railroad system has 830 railroads, 134,000 miles of tracks, and 216,000 railroad crossings.
In 2016 there were 2,041 railroad crossing incidents in the U.S.—including **260 fatalities**.

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TRUE or FALSE?

If you don't see a railroad gate down, it's safe to cross the tracks.



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Answer: FALSE

While many of us recognize a crossing with gates and bells, **there are many railroad crossings that don't have these warning devices**.

- ✓ Just over one half of all public crossings in the U.S. are **active** (with gates, bells, and/or flashing lights).
- ✓ Just under half are **passive** (with signs and markings, but no active warning devices).
- ✓ **Always expect a train on any track at any time.**

DB44

DRIVING BASICS

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Choo, Choo, Choose...

to obey the law at railroad crossings.

What **IS** the law?



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Remember motorists are **required to yield the right of way to trains**.

It is ILLEGAL to…

- ✓ Cross tracks if a train is visible.
- ✓ Drive around gates that have been lowered. If the gates are down and no train is coming… **THE ROAD IS CLOSED!**

DB45

DRIVING BASICS

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What should you do if your vehicle **stalls out on train tracks**?



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If your vehicle stalls on train tracks:

- ✓ **GET OUT** immediately.
- ✓ **MOVE AWAY.** Walk toward an oncoming train, and away from the tracks at a 45-degree angle—debris from a collision spreads in the direction the train is moving.
- ✓ **CALL FOR HELP!** Call the railroad's emergency phone number, the local police, or 911. Tell them a vehicle is on the tracks. Provide the location, crossing number (if posted), and the name of the road or highway.

DB46

DRIVING BASICS

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Your friend Norman is newly arrived from the UK, where pedestrian laws and behavior may be different. What **pedestrian DO**s and **DON'T**s can you share with Norman?



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- ✓ **DO** cross at marked crosswalks and unmarked
- ✓ crosswalks (intersections with sidewalks)
- ✓ **DO** yield the right-of-way if you're outside of a crosswalk
- ✓ **DO** stay on the right-hand side of a crosswalk
- ✓ **DO** use the sidewalk
- ✓ **DO** be alert when crossing any roadway
- ✓ **DON'T** enter a crosswalk into the path of a moving vehicle that is so close the vehicle is unable to yield
- ✓ **DON'T** cross at an intersection diagonally unless so authorized by a traffic control device

DB47

DRIVING BASICS

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Go back to school… for School Bus Law

TRUE or FALSE?

You only have to stop behind a school bus with flashing red lights if you are immediately behind the bus.



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Answer: FALSE

Obey the school bus laws in your State!

- ✓ Stop for flashing red lights and extended “stop arms” on a school bus, regardless of which direction you’re headed (some states have exceptions of multi-lane divided highways).
- ✓ Continue your trip once the bus has moved, the flashing lights stop, or the bus driver signals to pass.

DB48

DISTRACTED DRIVING

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How do **YOU** define distracted driving?

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DISTRACTION occurs any time you take your **eyes off the road**, your **hands off the wheel**, and your **mind off your primary task**: driving safely. • Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

DD01

DISTRACTED DRIVING

Our Driving Concern
an nsc program

Name five ways to **drive distraction free**.

DD02

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Possible answers may include:

- ✓ Use an app that shuts off phone notifications
- ✓ Pull over for a call or text
- ✓ Keep your hands on the wheel
- ✓ Avoid eating and drinking while driving
- ✓ Keep your eyes on the road
- ✓ Set your radio and GPS before driving

DD02

DISTRACTED DRIVING

Our Driving Concern
an nsc program

How many **thinking tasks** can your brain focus on at one time?



DD03

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The answer is – ONE. If your brain has more than one thinking task to choose from, it gets overwhelmed and filters information out.

When people attempt to perform two complex tasks such as driving and talking on a phone, the brain shifts its focus and drivers develop **“inattention blindness”** – or **“looking” but not “seeing”**.

DD03

DISTRACTED DRIVING

Our Driving Concern
an nsc program

Is it safe to use a **hands-free** device while driving?

DD04

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The answer is – NO. Portable and vehicle-integrated hands-free cell phone use still involves visual-manual subtasks, which are associated with a greater crash risk, and can cause drivers to miss the important visual and audio cues that would ordinarily help avoid a crash.

DD04

DISTRACTED DRIVING

Our Driving Concern
an nsc program

Is a hands-free device **more dangerous** than talking to a passenger?



DD05

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Most of the time, a passenger...

- ✓ **Gives non-verbal cues**. Without those cues, a cell phone conversation takes more focus.
- ✓ **Sees your driving environment** and can adjust the conversation based on risks.
- ✓ **Serves as a lookout for hazards** (like a co-pilot). As a result, passengers can actually reduce the crash risk.

DD05

DISTRACTED DRIVING

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What distracts drivers? List as many distractions you can think of in **60 seconds**.

DD06

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Driving distractions include:

- ✓ Texting • Electronic devices • Tuning radio
- ✓ Reaching for items • Eating and drinking
- ✓ Talking on cell (hands-free or handheld)
- ✓ Reading, including maps
- ✓ Applying makeup or grooming
- ✓ Dealing with children or pets in the car

DD06

DISTRACTED DRIVING

Our Driving Concern
an nsc program

In terms of driver distraction, **what's the difference** between **chewing gum** and **talking on the phone**?



DD07

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Chewing gum is not demanding on your brain!

You don't have to **think** about it!

You can't do more than ONE thinking task at a time and do it safely or well.

Thinking tasks include: Driving, Texting, Listening, Speaking, Reading, and Gaming.

DD07

DISTRACTED DRIVING

Our Driving Concern
an nsc program

What are **three suggestions** to help someone break the habit of reaching for their cell phone while driving?

DD08

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- ✓ **Turn off** your cell phone when you enter the car
- ✓ Place the phone **out of reach** (ex: trunk)
- ✓ Put your phone on **silent or vibrate**
- ✓ Have your **outgoing message** state you are a “cell phone-free driver”
- ✓ **Let someone else drive** if you need to make a call

DD08

DISTRACTED DRIVING

Our Driving Concern
an nsc program

If your job requires you to be accessible to take calls while you're out of the office or worksite—what are some ways to make this work **without driving and talking**?

DD09

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- ✓ **Organize your route and schedule** so you can make phone calls from one place before traveling to the next.
- ✓ **Establish regular times** when callers can contact you and when you will return calls.
- ✓ Set up a **special ring** for one contact who will call in an emergency work situation – leave the road and park to return the call.

DD09

DISTRACTED DRIVING

Our Driving Concern
an nsc program

Aside from putting away or turning off your cell phone, what are other things you can do **BEFORE YOU START THE CAR** to reduce any possible distractions?

DD10

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- ✓ **Be familiar with the controls** in your vehicle, especially when in a car that's not yours.
- ✓ **Adjust vehicle controls** such as mirrors, seat, radio, heat or air conditioning.
- ✓ **Plan ahead**. Read maps and check traffic conditions.
- ✓ **Pre-program directions** into your navigation system.

DD10

DISTRACTED DRIVING

Our Driving Concern
an nsc program

Think of an activity you can do in **under a minute**. Does it seem like a really short amount of time?

Now, **how long** does it take for you to **text one sentence**?

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- ✓ **Twenty-three seconds** is the average time your eyes are off the road while texting.
- ✓ Texting while driving can more than double your chances of a **crash** or a **near-crash**.
- ✓ In a recent year, 3,179 people were killed and 431,000 were injured in distracted driving crashes...**are those 23 seconds worth the risk**?

DD11

AGGRESSIVE DRIVING

Our Driving Concern
an nsc program

Is **road rage** the same thing as **aggressive driving**?

How do you define each term?



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There is a difference.

- ✓ **Aggressive driving** is a **traffic offense**; **road rage** is a **criminal offense**.
- ✓ **Road rage** is characterized by **willful and wanton disregard for the safety of others**.
- ✓ **Road rage** is an **assault with a motor vehicle or weapon** precipitated by an incident on a roadway.

AG01

AGGRESSIVE DRIVING

Our Driving Concern
an nsc program

What is Aggressive Driving?

In 60 seconds, list as many driving behaviors as you can that you consider "aggressive." Maybe you have even encountered some while driving!

AG02

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Aggressive driving behaviors can include:

- ✓ Speeding • Drag racing on public streets
- ✓ Frequent and unnecessary lane changes
- ✓ Tailgating • Running red or yellow lights
- ✓ Cutting off other drivers
- ✓ Angry gesturing or yelling at other drivers
- ✓ Ignoring posted traffic signs or barriers

AG02

AGGRESSIVE DRIVING

Our Driving Concern
an nsc program

TRUE or FALSE?

The posted speed limit is a law that applies to all traffic lanes.
Technically speaking, there is no “fast lane” or “slow lane”.

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Answer: TRUE

- ✓ In at least 29 states, **slower traffic** is expected to **keep right** (and many drivers treat this as an “unwritten rule” of the road), except for emergency vehicles.
- ✓ **Speeding** is a contributing factor in nearly **27% of all fatal crashes.**

AG03

AGGRESSIVE DRIVING

Our Driving Concern
an nsc program

Which of the following are excuses used by people who committed murder as a result of road rage?

- ✓ “He cut me off on the highway.”
- ✓ “She was only driving the posted speed limit of 25 miles per hour.”
- ✓ “He wouldn’t turn off his high beams.”

AG04

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All of these are actual excuses offered by people who killed others in road-rage incidents, and are documented in news stories of specific road-rage incidents.

AG04

AGGRESSIVE DRIVING

Our Driving Concern
an nsc program

Think of **three things** you can do when you find yourself on the road with an aggressive driver, to avoid confrontation and protect yourself.

AG05

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- ✓ First, make every attempt to get out of the aggressive driver's way.
- ✓ Put your pride in the back seat. Do not challenge them by speeding up or attempting to hold-your-own in your travel lane.
- ✓ Avoid eye contact.

AG05

AGGRESSIVE DRIVING

Our Driving Concern
an nsc program

"If I see someone driving aggressively, shouldn't I speed up to **get away from** their vehicle?"

Talk over this statement. What do you think?

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- ✓ It is true that you should put as much distance as you can between yourself and an aggressive driver or a driver you think may be impaired.
- ✓ However, you shouldn't put yourself at additional risk by speeding.
- ✓ Pull over, turn right or take the next exit to keep out of harm's way.

AG06

AGGRESSIVE DRIVING

Our Driving Concern
an nsc program

Which of the following are ways that speeding can influence a crash? *The faster you drive…*

- ✓ Increases the distance it takes to stop your vehicle.
- ✓ Reduces the ability of seat belts, air bags, guardrails, and barriers to protect vehicle occupants in a crash.
- ✓ Increases crash severity.

AG07

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Answer: ALL of these are true.

- ✓ Speeding increases the distance it takes to stop.
- ✓ Crash severity increases as speed increases. If you accelerate from 40 to 60 miles an hour, your speed increases 50 percent while the energy released in a crash more than doubles, reducing the effectiveness of seat belts and airbags.

AG07

DROWSY DRIVING

Our Driving Concern
an nsc program

What are some **proven ways** of helping you **combat drowsy driving**?



DRD01

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- ✓ Stop driving. **Pull in to a rest stop and sleep**!
- ✓ Safely pull over, turn on your hazard lights, **nap for 15** to **20 minutes**, and then proceed to the nearest exit or rest stop to more fully rest.
- ✓ Napping + **consuming caffeine equivalent to two cups of coffee** can keep you alert enough get you to a place to rest.

DRD01

DROWSY DRIVING

Our Driving Concern
an nsc program

In 60 seconds, list all of the reasons you can think of that can **cause a driver to be sleepy** behind the wheel. There are several—**how many can you identify**?

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Drowsy-driving factors may include:

- ✓ Sleep loss (chronic or acute)
- ✓ Sleep-restrictive work patterns (e.g., night shifts, overtime, rotating shifts)
- ✓ Change in driving patterns (ex: time of day or amount of time spent driving)
- ✓ Use of sedating medications or alcohol
- ✓ Untreated sleep disorders

DRD02

DROWSY DRIVING

Our Driving Concern
an nsc program

Name some possible warning signs that you are **drowsy driving**.

How many of those (if any) have you found yourself doing?

What did you do?

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Drowsy driving warning signs may include:

- ✓ You can't stop **yawning**.
- ✓ Your **eyes close**, **blink** frequently, or have **trouble focusing**.
- ✓ Your **mind wanders**; disconnected thoughts. You can't remember the last few miles.
- ✓ Your **driving** becomes **sloppy**.
- ✓ You **hit rumble strips** or grooves in the road.

DRD03

DROWSY DRIVING

Our Driving Concern
an nsc program

Where do you think the majority of fall-asleep crashes occur? *(Choose one answer)*

- ✓ On dark rural highways with little to no street lighting.
- ✓ On highways and major roadways with speed limits of 55 to 65 mph.
- ✓ On urban highway exchanges with several lanes and exits.

DRD04

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Drowsy-driving crashes more often take place on **highways and major roadways with speed limits of 55 to 65 mph**.

Fall-asleep crashes are likely to be **serious**.

The majority of drowsy-driving crashes involve **drivers alone in the vehicle**.

DRD04

DROWSY DRIVING

Our Driving Concern
an nsc program

Many of us are in jobs where our shifts rotate from day to night, or where we work second or third shift regularly.

What **strategies** can you use to **drive safely** to and from work if you're a **shift worker**?

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- ✓ **Get good sleep**—create a quiet, cool, dark environment, allow sufficient time, and try to sleep during the same hours each day.
- ✓ Avoid driving home from work while sleepy. Get a **ride from a family member**, **take a cab**.
- ✓ **Nap** before heading home.
- ✓ **Consume caffeine** (= two cups of coffee) to help improve alertness for a short period.

DRD05

DROWSY DRIVING

Our Driving Concern
an nsc program

It happens to just about everyone: You're **driving late at night**, or you're on a l**ong driving stint**, or you only got a **couple hours sleep** last night.

What did you do the last time you got sleepy at the wheel?

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Activities that won't help:

- ✓ Turning the volume up on the radio
- ✓ Singing loudly
- ✓ Chewing gum or eating
- ✓ Getting out and running around
- ✓ Slapping yourself
- ✓ Sticking your head out the window

DRD06

IMPAIRED DRIVING

Our Driving Concern
an nsc program

Carl **doesn't** believe that "buzzed" and "drunk" are the same thing.

TRUE or **FALSE**?

Being "buzzed" is being impaired.

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TRUE.

“Buzzed” is impaired.

If you feel different, you drive different.
Buzzed driving, impaired driving, or driving under the influence all describe drivers who lack the necessary awareness to avoid crashes.

ID01

IMPAIRED DRIVING

Our Driving Concern
an nsc program

How much **alcohol** is too much?



ID02

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Impairment starts with the first drink. Even one **drink** of **alcohol** can affect a person's ability to operate a motor vehicle.

ID02

IMPAIRED DRIVING

Our Driving Concern
an nsc program

What are some ways you can keep someone from getting behind the wheel and **driving impaired**?



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Do your best to stop them. Try these:

- ✓ Drive him or her yourself (if you are sober).
- ✓ Call a cab (or Uber or Lyft).
- ✓ Spend the night and leave in the morning.
- ✓ Call a sober friend or family member to drive.
- ✓ Plan ahead if you and colleagues/friends plan to drink (designate a driver, arrange a cab, pre-plan to spend the night away).

ID03

IMPAIRED DRIVING

Our Driving Concern
an nsc program

Prescription medications are helpful in the right doses, at the right time, and when the user is aware of all potential side effects.

What are some of the dangers of prescription medicine?



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- ✓ Dependency and then addiction can occur, especially to pain medication.
- ✓ It may be the person who holds the prescription, or someone who is stealing the medication for recreational use.
- ✓ Potential overdoses are a risk associated with any prescription medication.
- ✓ From 1999 to 2014, the number of unintentional prescription deaths rose by 351%.

ID04

IMPAIRED DRIVING

Our Driving Concern
an nsc program

There are a number of ways driving performance can be affected by drugs or alcohol. Drugs and alcohol create a false sense of confidence in driving ability.

How can you tell if someone is UNDER THE INFLUENCE?

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Signs of impairment…

- ✓ Dulled judgment, reasoning abilities, concentration
- ✓ Slow reflexes and reaction time
- ✓ Hindered or exaggerated coordination/motor skills
- ✓ Affected short-term memory and tracking ability
- ✓ Increased distraction and drowsiness
- ✓ Hindered maneuvering ability
- ✓ Blurred or restricted vision
- ✓ Increased confusion and anxiety

ID05

IMPAIRED DRIVING

Our Driving Concern
an nsc program

Safe driving requires **precise skills**, **clear judgment**, **concentration**, and **ability to react** to what happens on the road.

Is taking a prescription or over-the-counter medication as dangerous as drinking alcohol combined with driving?

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- ✓ Alcohol, recreational drugs, prescription and even over the counter medicines can affect your driving skills.
- ✓ Taking drugs of any kind and then driving puts you at greater risk of injuring or killing yourself, your friends or other innocent people.
- ✓ Not taking your medication correctly can also be of concern. Follow instructions and consult with your doctor or pharmacist before driving.

ID06

PASSENGER RESTRAINT

Our Driving Concern
an nsc program

Pickup truck drivers and passengers are less likely to buckle up than other motorists.

✓ Think of someone you know who drives a pickup truck. **Do they wear a seat belt all of the time?**

PR01

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In fatal crashes, pickups roll over almost twice as often as passenger cars.

But if a truck should roll over during a crash, your **survival rate** will **increase** if you're **wearing a seat belt**.

PR01

PASSENGER RESTRAINT

Our Driving Concern
an nsc program

What do you think would happen to your body if you **fell from a 12-story building**? Would you survive?

Now compare that impact to a car crash…



PR02

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A collision while driving at **60 mph without wearing your seat belt** would have the same impact as if you **fell from a 12-story building**.

...AND a **40-mph** collision has the same impact as if **falling from a 6-story-buiding**.

PR02

PASSENGER RESTRAINT

Our Driving Concern
an nsc program

Name several ways a **seat belt** will help to protect you or your passengers in a crash.



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Seat belts…

- ✓ Protect drivers and passengers by helping absorb the force of a crash.
- ✓ Keep occupants from being ejected in a crash (a frequent cause of death).
- ✓ Hold the driver in place so he or she can better control the vehicle.
- ✓ Increase the odds of surviving a serious crash.

PR03

PASSENGER RESTRAINT

Our Driving Concern
an nsc program

From a physics point of view,
what would happen if you or your passengers were **not wearing a seat belt** and the car was brought to a sudden and abrupt halt by a **collision** with a big tree?

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Everyone moves in the direction of impact until stopped by the inside surface of the vehicle. • Organs get **jarred**. Solid organs like the spleen and the liver **fracture** and **bleed**. • Hollow organs like the stomach **rupture**. • Vessels like the aorta **tear**. • Lungs rupture or become **punctured**. • **Seat belts PROTECT the driver and passengers from the powerful forward moving forces and the three crashes that occur in any collision.**

PR04

PASSENGER RESTRAINT

Our Driving Concern
an nsc program

Everyone loves to save money.

What do you think is the **least expensive way to protect** you and your passengers while in your car?



PR05

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Seat belts are the **least expensive** and **most effective** way to **save lives** and **reduce** the **severity of injuries**.

PR05

PASSENGER RESTRAINT

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an nsc program

Think of the last time you were driving a car with passengers (friends, family, co-workers).

✓ Did you make sure you and your passengers were buckled up correctly?

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Buckle up every seat, every time!

Drivers and passengers who **buckle up** are **45% less likely to die** and 50% less likely to be moderately injured in a motor vehicle crash.

PR06

PASSENGER RESTRAINT

Our Driving Concern
an nsc program

Your friend Alessandro won't wear a seat belt when riding in your vehicle. He says, "The vehicle's air bag will protect me in a crash." What can you say to Alessandro?

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You can tell Alessandro: “Air bags are designed to work ***with*** seat belts—not replace them! As a driver, I need you buckled up to ride with me. It is non-negotiable.”

PR07

PASSENGER RESTRAINT

Our Driving Concern
an nsc program

George thinks his seat belt is too tight and uncomfortable. He's been driving with the shoulder belt tucked behind his back and the lap belt fitted over his stomach.

What should George do instead?

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George should...

ask his car dealer for assistance if the seat belt does not fit properly.

PR08

TRUCK SAFETY

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an nsc program

Who should be using a truck driver's side-view mirror, besides the driver of the truck?



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ANSWER: YOU!

If you can't see the driver in the truck's side mirror, you are following too close. The driver can't see you or your vehicle. It also obscures your view of the road in front of you. **Avoid traveling alongside or close behind a truck**.

TR01

TRUCK SAFETY

Our Driving Concern
an nsc program

What do a **truck** and **Mother Nature** have in common?



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ANSWER: Both can create **WIND**!

Because of their size, **large trucks create wind currents** that can affect nearby vehicles. These currents can **threaten your vehicle's stability** when you are close. This is an even greater driving challenge when you are riding a motorcycle, towing a trailer or other object, or traveling on slick roadways. **Be sure to allow plenty of clearance between your vehicle and large trucks.**

TR02

TRUCK SAFETY

Our Driving Concern
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- ✓ Considering the average car weighs about 5,000 pounds, what do you think is the legal weight limit for a semi-truck?
- ✓ How does **vehicle weight affect traffic**?

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ANSWER: Large trucks and truck-tractor combinations can weigh as much as 80,000 pounds. (**That's 40 tons.**)

- ✓ Because of this, they require more acceleration and deceleration time than an average passenger vehicle and can have blind spots in multiple locations.
- ✓ Always take extra care to share the road responsibly with large trucks!

TR03

TRUCK SAFETY

Our Driving Concern
an nsc program

Trucks, at least, need additional space because **they take twice as long to stop as a passenger car**. If you move into that space and brake suddenly, the truck may not have enough time to stop safely.

✓ **How can you tell** if you have enough room to pass a truck safely?

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ANSWER:

- ✓ Always leave at least four car lengths between the back of your car and the front of any large truck you pass (more if driving in adverse conditions).
- ✓ Make sure the entire truck appears in your rearview mirror before returning to the lane.
- ✓ Never cut in front of a truck.

TR04

TRUCK SAFETY

Our Driving Concern
an nsc program

Why can **a crash with a truck** be more severe than a crash with a smaller vehicle?

TR05

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ANSWER:

Large trucks and the trailers they pull **do not** have impact-absorbing bumpers.

Additionally, the **truck's metal bumpers may not align with those of your car**. A severe collision can result when a car hits the rear end of a truck.

TR05

TRUCK SAFETY

Our Driving Concern
an nsc program

How many **blind spots** does a large truck have?



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ANSWER: 4

- ✓ There are **four large blind spots** where cars disappear from a truck driver's view. They extend far beyond the right and left lanes as well as the rear and front of the truck.
- ✓ These "**No Zones**" are danger areas around large trucks in which crashes are more likely to occur. If the passenger car can't see the truck's mirrors, the trucker can't see car.
- ✓ Passenger car drivers should avoid lingering in these areas whenever possible. Stay out of the "**No Zone**"!

TR06

TRUCK SAFETY

Our Driving Concern
an nsc program

What is "**bobtailing**?"

- ✓ Are "bobtailing" trucks safer to be around on the road than trucks hauling trailers?

TR07

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ANSWER:

- ✓ **Bobtailing** is a term used when a truck is driving without the trailer attached.
- ✓ Trucks handle very differently when bobtailing, often making them more dangerous, especially in wet weather.
- ✓ Whether or not a truck is hauling a trailer, always **use caution when driving near big rigs**.

TR07

TRUCK SAFETY

Our Driving Concern
an nsc program

What's the proper way for **trucks** to proceed across a **rail grade crossing**?



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- ✓ Approach with care; warn others you are slowing.
- ✓ Use pull-out lane if available.
- ✓ Prepare to stop—roll down windows and turn off noise.
- ✓ Stop at least 15’ but not more than 50’ from nearest rail.
- ✓ Look and listen both ways carefully, and bend forward to see around mirrors and A-pillars.
- ✓ Make sure you can drive fully through, and the back of your vehicle will have at least 3’ of clearance from furthest rail.
- ✓ If in a pull-out lane: signal, watch for safe gap, re-enter road.
- ✓ Use highest gear that will let you cross without shifting.
- ✓ Keep going once you start even if crossing lights start to flash.

TR08

TRUCK SAFETY

Our Driving Concern
an nsc program

Why is it dangerous driving on the **side of a commercial motor vehicle** (CMV)?



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ANSWER: Driving on the **side of a CMV** is **dangerous** because:

- ✓ Commercial motor vehicles have large **"No-Zone" blind spots** on either side where the CMV driver cannot see other vehicles.
- ✓ You have an increased risk of a **lane change collision**.
- ✓ The blind spot may **extend across multiple lanes of traffic** if you are on the right side of a CMV.

TR09

TRUCK SAFETY

Our Driving Concern
an nsc program

Why do commercial motor vehicles (CMV) **require more distance to stop** than passenger vehicles?



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ANSWER:

- ✓ CMVs require **significantly more stopping distance** due to their size and weight—especially when fully loaded.
- ✓ When driving at highway speeds CMVs require even more distance—**up to 650 feet or one and a half football fields**.

TR10

TRUCK SAFETY

Our Driving Concern
an nsc program

What is **the safest way to pass** a tractor-trailer or truck on the highway?



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ANSWER:

- ✓ When clear, **pass quickly** and safely on the **LEFT side**.
- ✓ **Avoid lingering** beside the tractor-trailer or truck.
- ✓ Maintain a **steady speed**.
- ✓ Merge back in front of the tractor-trailer or truck when you see the **whole front of the vehicle** in your rear-view mirror.

TR11

TRUCK SAFETY

Our Driving Concern
an nsc program

When **merging in front of a truck**, how much of the truck should be visible in your rearview mirror?



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The **ENTIRE front of the truck** should be visible in your rear-view mirror before merging in front of it.

TR12

TRUCK SAFETY

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Why should drivers **avoid cutting off** a commercial motor vehicle?



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ANSWER:

- ✓ Trucks may **not be able to stop quickly enough** to avoid a crash.
- ✓ Trucks may have to take **other dangerous evasive actions** to avoid a rear-end crash.

TR13

TRUCK SAFETY

Our Driving Concern
an nsc program

Why is **tailgating** especially dangerous behind a commercial motor vehicle (CMV)?



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Tailgating behind a CMV:

- ✓ **Limits your visibility** ahead
- ✓ Leaves **little time to react** if the truck stops suddenly
- ✓ Puts you in the **danger zone if the truck blows a tire**. (Truck tires can weigh 100 pounds or more!)
- ✓ Puts you within the **truck's largest blind spot**—within 150 feet of the back of a trailer.

TR14

TRUCK SAFETY

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What should motorists expect when a **truck is making a right turn**?



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ANSWER:

- ✓ Trucks may **swing left** before turning right.
- ✓ The trailer will take a much **shorter path** to turn than the truck does.
- ✓ Drivers should never squeeze between the truck and the curb.

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TRUCK SAFETY

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Why can **sudden lane changes** around trucks create serious crash risks?



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Large trucks cannot **maneuver or react as quickly as passenger vehicles**, making sudden moves hazardous.

If a truck is forced to change lanes quickly it can cause the trailer to slide sideways and start pushing the truck across all lanes of traffic.

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TRUCK SAFETY

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What is the **safest action** when approaching a stopped commercial motor vehicle (CMV) on the **shoulder of the road**?



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If you approach a stopped CMV on the shoulder of the road:

- ✓ **Slow down!**
- ✓ When you can do so safely and legally—**move over**.
- ✓ **Provide extra space** for the driver and emergency personnel.

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TRUCK SAFETY

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Why is **driving while distracted** around trucks particularly dangerous?



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- ✓ Trucks are **large and slower** to stop or maneuver. right.
- ✓ Distracted drivers have **less time to react** safely.

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TRUCK SAFETY

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What should drivers do when traveling near a truck in **bad weather** or **heavy winds**?



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During bad weather or heavy winds, drivers should:

- ✓ Increase following distance
- ✓ Avoid driving beside the truck too long
- ✓ Be prepared for wind turbulence or spray
- ✓ Use lights and wipers, as appropriate
- ✓ Pull over if conditions become unsafe

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TRUCK SAFETY

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Why is performing a thorough **pre-trip inspection** especially important for a commercial motor vehicle driver?



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A correct pre-trip inspection helps **identify mechanical or safety defects** before operating the vehicle—reducing the risk of crashes and violations.

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What is the **most important** thing a commercial motor vehicle (CMV) driver can do to **prevent crashes**?



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A CMV driver should maintain **FULL ATTENTION** on driving by eliminating distractions and constantly scanning the roadway ahead and behind.

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TRUCK SAFETY

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What should a commercial motor vehicle (CMV) driver do **before changing lanes**?



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Prior to changing lanes, a CMV driver should:

- ✓ Check mirrors
- ✓ Signal early
- ✓ Check blind spots
- ✓ Make lane changes slowly and safely

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Why is **speed management** important for commercial motor vehicles?



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ANSWER:

Excessive speed:

- ✓ Reduces reaction time
- ✓ Increases stopping distance
- ✓ Raises the severity of crashes

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What should commercial motor vehicle (CMV) drivers do when **driving in adverse weather** conditions?



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During adverse weather conditions, a CMV driver should:

- ✓ Slow down
- ✓ Increase following distance
- ✓ Use headlights correctly
- ✓ Stop operating if conditions become unsafe
- ✓ Pay close attention to other vehicles that may not be adjusting for the conditions

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TRUCK SAFETY

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Why is **cargo securement** important on a commercial motor vehicle?



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Incorrectly secured cargo can **shift**, affect **vehicle stability** or **fall onto the roadway** causing serious crashes.

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What is the purpose of commercial motor vehicle **hours-of-service regulations**?



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Commercial motor vehicle hours-of-service rules are designed to **reduce driver fatigue** and help **prevent fatigue-related crashes**.

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How can commercial motor vehicle (CMV) drivers safely **manage fatigue**?



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A CMV driver should:

- ✓ Get the correct amount of rest
- ✓ Recognize signs of drowsiness
- ✓ Follow hours-of-service limits
- ✓ **NEVER drive while fatigued**

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Why is **space management** important around a commercial motor vehicle (CMV)?



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Maintaining a **safety cushion** around the vehicle gives the CMV drivers more time to react to hazards and avoid crashes.



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What should commercial motor vehicle (CMV) drivers do when approaching **work zones** or **stopped traffic**?



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In work zones or stopped traffic, CMV drivers should:

- ✓ Slow down early
- ✓ Stay alert
- ✓ Avoid distractions
- ✓ Be prepared for sudden traffic changes

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Why is **communication** important between commercial motor vehicle drivers and other motorists?



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ANSWER:

Correct use of turn signals, brake lights and safe driving behavior helps other road users **anticipate actions** and **avoid crashes**.

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What should you look for **underneath** a parked commercial motor vehicle (CMV) during a **pre-trip walk-around**?



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A CMV driver should look underneath for:

- ✓ Fluid leaks
- ✓ Hanging parts
- ✓ Damaged components
- ✓ Loose lines

Leaks or hanging equipment can signal a **mechanical problem** that needs attention before the trip begins.

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TRUCK SAFETY

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What should a commercial motor vehicle (CMV) driver do if a **warning light** stays on after starting the vehicle?



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The CMV driver should:

- ✓ Check the issue
- ✓ Report it
- ✓ Follow company procedure for next steps

Warning lights are alerts, not inconveniences. Investigate and report them before driving, especially when they involve brakes, tires, engine systems or other safety equipment.

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TRUCK SAFETY

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Why should a commercial motor vehicle (CMV) driver **test lights** and **turn signals** before leaving?



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ANSWER:

Lights and turn signals should be part of a pre-trip inspection.

This ensures other drivers can the CMV's actions and safely communicate turns, stops and lane changes.

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What should a commercial motor vehicle driver do if **cargo has shifted** during a trip?



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If cargo has shifted:

- ✓ Stop safely
- ✓ Inspect
- ✓ Re-secure or adjust the load
- ✓ Report if needed
- ✓ Be sure to follow company procedures, as necessary

Cargo must be properly distributed and secured so it cannot shift or fall from the vehicle.

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Typically, when should **cargo be inspected** for a commercial motor vehicle?



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Cargo is typically inspected on a regular basis, including:

- ✓ Pre-trip
- ✓ Within the first 50 miles
- ✓ At duty-status changes
- ✓ After 3 hours, or after 150 miles—whichever comes first

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What should a commercial motor vehicle driver do before **backing into an unfamiliar area**?



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Before backing up:

- ✓ Get out and look
- ✓ Check clearance
- ✓ Identify hazards
- ✓ Use a spotter if available

A walk-around before backing helps identify people, vehicles, fixed objects, overhead hazards and blind spots that may not be visible from the cab.

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Why should a commercial motor vehicle (CMV) driver **avoid relying only on mirrors** while changing lanes?



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Mirrors are essential, but **large vehicles have significant blind spots**. A CMV driver should:

- ✓ Check mirrors
- ✓ Signal early
- ✓ Look and scan the entire roadway
- ✓ Verify the lane is clear

TR37

TRUCK SAFETY

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What are some of the signs a commercial motor vehicle has an **air-brake** or a **brake-system problem**?



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Examples of an air-brake or brake-system problem include:

- ✓ Low-air warning
- ✓ Air leak
- ✓ Poor brake response
- ✓ Warning light
- ✓ Unusual brake pull

Brakes are a critical safety system. A warning light, air leak, abnormal response or other concern requires immediate attention. Follow company procedures for next steps.

TR38

TRUCK SAFETY

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What should a commercial motor vehicle (CMV) driver do if the **mirrors** are dirty, cracked or incorrectly adjusted?



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Before operating a CMV, the driver should:

- ✓ Clean mirrors
- ✓ Adjust mirrors
- ✓ Report and/or repair mirrors if visibility is affected

Mirrors are essential for checking traffic, lane position and blind spots. Start a trip only when mirrors are clear and usable to view around the vehicle.

TR39

TRUCK SAFETY

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What should a commercial motor vehicle (CMV) driver inspect on **tires** and **wheels**?



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A CMV pre-trip inspection of tires and wheels may include checking:

- ✓ Tire pressure
- ✓ Tread
- ✓ Cuts
- ✓ Bulges
- ✓ Exposed cords
- ✓ Wheel/rim damage
- ✓ Loose lug nuts

Tires and wheels affect steering, braking and vehicle stability. Low pressure, visible damage or wheel problems can lead to a serious road failure.

TR40

DISTRACTION & PEDESTRIANS

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During daylight hours, your car acts like a **greenhouse**—even on cloudy days.

True or **False**?



HC01

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Answer: TRUE

Sunlight passes through the windows and heats up objects inside the vehicle, like the dashboard and seats. These in turn warm the air inside the car. The trapped air continues to warm to as much as 50 degrees higher than the outside air temperature.

HC01

DISTRACTION & PEDESTRIANS

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You arrive at work on a pleasant 75-degree day. After parking and locking your car, you enter your workplace. Outdoors, how hot is the inside of your car after 20 minutes?

a. 78 degrees

b. 85 degrees

c. 94 degrees

HC02

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Answer: 94 degrees

- ✓ Are you surprised?
- ✓ On average, the temperature inside a vehicle will rise 19 degrees in just 10 minutes!
- ✓ Even on mild or cloudy days, temperatures inside vehicles can reach life-threatening levels.

SOURCE: noheatstroke.org

HC02

DISTRACTION & PEDESTRIANS

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Cracking car windows open on a warm day will keep the vehicle interior cooler.

True or **False**?



HC03

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Answer: FALSE

In a study of heat stress from enclosed vehicles, the data show that cracking the vehicle windows **did NOT reduce the rate of temperature rise** inside the vehicle.

HC03

DISTRACTION & PEDESTRIANS

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Driver distraction can be deadly for children. On average between 1998 and 2019, what percentage of child heatstroke deaths are due to caregivers unknowingly leaving a child in the car??

- ✓ More than 50%
- ✓ 35%
- ✓ 18%

HC04

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Answer: More than 50%

In one real life scenario, a woman received a call from work while driving her child to day care. The call was upsetting and she drove straight to work instead of dropping off her child at day care. This can happen to anyone. **Distraction while driving must be avoided!**

HC04

DISTRACTION & PEDESTRIANS

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If you see a young child or baby unattended in a vehicle in your workplace parking lot, what is the **first thing** you should do.



HC05

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First: Call 9-1-1 immediately

- ✓ Have someone else search for the driver or ask the facility to page them.
- ✓ Don’t wait more than a few minutes for the driver to return.
- ✓ If the child is not responsive or is in danger of heatstroke, immediately take action to remove the child from the vehicle and stay with the child until help arrives.

HC05

DISTRACTION & PEDESTRIANS

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Since 1998, more than 800 children have died from vehicular heatstroke.

What percentage of these incidents occurred while a parent or caregiver was at places of work?



HC06

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Answer: 24%

NSC advises parents and caregivers to **stick to a routine and avoid distractions** to reduce the risk of forgetting a child. Secure a purse, briefcase or even a left shoe in the back seat to force you to take one last look before walking away.

SOURCE: noheatstroke.org

HC06

DISTRACTION & PEDESTRIANS

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Child heatstroke deaths in hot cars happen only to bad parents or careless caregivers.

True or **False**?



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Answer: FALSE

Distraction can affect **anyone** such that they can forget a child is in the car. Among those who've lost children to hot car deaths are a dentist, a postal clerk, a social worker, a police officer, an accountant, a soldier, a paralegal, a preacher, an electrician, a Protestant clergyman, a rabbinical student, a mechanic, a stay-at-home mother, a teacher, a nurse, a construction worker, and an assistant principal.

HC07

DISTRACTION & PEDESTRIANS

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Why should you **always** lock your vehicle when parking at your workplace, in a public parking lot, or on your own driveway.



HC08

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25% of child deaths in hot cars occur when **children enter unlocked vehicles**, often to play hide and seek, or from curiosity.

Keep car doors locked so children cannot gain access, and teach them that cars are not play areas.

HC08

DISTRACTION & PEDESTRIANS

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You drive slower in a parking lot, so the risk is lower.

True or **False**?



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Answer: FALSE

Parking lots are riskier than you may think.

The National Safety Council found that, on average, at least 60,000 are injured and 500 or more die in the **50,000 plus crashes in parking lots and garages** every year.

HC09

DISTRACTION & PEDESTRIANS

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Looking into vehicles while walking through a parking lot is nosy. It's none of my business.

True or **False**?

HC10

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Answer: FALSE

It may seem like you are snooping, but **look**, **look**, and **look** as you walk. Pay attention to help ensure that unattended children are not left in a vehicle.

HC10

DISTRACTION & PEDESTRIANS

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Multitasking is not possible. In fact, multitasking is a myth!

True or **False**?

HC11

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Answer: TRUE

Multiple scientific studies prove that your brain **cannot** perform two mentally demanding tasks at the same time. Rather, your brain does what's called "**switch-tasking**"—which can cause distraction. Distraction can be deadly in a parking lot with pedestrians walking around.

HC11

DISTRACTION & PEDESTRIANS

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It’s a driver’s responsibility to avoid pedestrians who may be walking distractedly or checking their devices while they walk!

True or False?

HC12

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Answer: FALSE

Walking while distracted is a growing cause of pedestrian fatalities. **It's up to pedestrians and drivers both** to be watchful and alert in parking lots, at intersections, and on roadways.

Do not be a distracted walker OR a distracted driver.

HC12

DISTRACTION & PEDESTRIANS

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Distraction can happen to anyone, and can cause a driver to go into “auto-pilot” mode.

What can caregivers do to prevent distraction when a child is in their vehicle?



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- ✓ Place an item you will need at your destination in the back seat. This will reinforce your need to look in the back seat.
- ✓ Make sure the item you've placed in the back seat is **secure** so that it will **not** become a dangerous projectile in the event of a crash!

HC13

DISTRACTION & PEDESTRIANS

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The most dangerous time to be a pedestrian is?

a. From 6 to 8 a.m., when everyone's groggy and still waking up

b. Noon to 2 p.m., the busy lunch hours

c. 6 p.m. to midnight

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Answer: c

The hours of 6 p.m. to midnight were the most dangerous times for pedestrians, and this has gotten steadily worse in recent years. (NHTSA FARS data)

HC14

DISTRACTION & PEDESTRIANS

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Most pedestrian fatalities occur at intersections.

True or **False**?



HC15

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Answer: FALSE

Only 26% of pedestrian fatalities occurred at intersections. Most pedestrian deaths occur in urban areas, at non-intersection locations.

On average, more than 50,000 crashes occur in parking lots and parking garages annually, resulting in 500 or more deaths and more than 60,000 injuries.

HC15

DISTRACTION & PEDESTRIANS

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Drivers of hybrid vehicles need to be especially careful in areas with lots of pedestrians.

True or **False**?



HC16

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Answer: TRUE

Researchers found that hybrid vehicles are **20% more likely to hit pedestrians**.

There is a very simple explanation for this: A pedestrian can't hear a hybrid car coming—they are very quiet-running vehicles.

HC16