

Almost all aspects of everyday life are made possible because of the hard work of the 3.5 million professional men and women who transport people and deliver goods safely, securely and on time. In nearly all locations throughout North America, drivers are the backbone of the economy.



Operation Safe Driver is a safety program of the Commercial Vehicle Safety Alliance (CVSA). Operation Safe Driver aims to reduce deaths and injuries involving large trucks, buses and cars due to unsafe driver behaviors by educating all drivers about ways to safely share our roads.

CVSA is a nonprofit association comprised of local, state, provincial, territorial and federal commercial motor vehicle safety officials and industry representatives. The Alliance aims to achieve uniformity, compatibility and reciprocity of commercial motor vehicle inspections and enforcement by certified inspectors dedicated to driver and vehicle safety. Our mission is to improve commercial motor vehicle safety and uniformity throughout Canada, Mexico and the United States by providing guidance and education to enforcement, industry and policy makers. For more information, visit www.cvsa.org.



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SAFETY TIPS

EVERY PROFESSIONAL DRIVER MUST KNOW



I WILL KEEP MY EYES ON THE ROAD, HANDS ON THE WHEEL, HEAD IN THE GAME.



We all have to share the road. You've heard that one before. The fact of the matter is our roads are only going to get busier.

You spend a good part of your life on the roads. Make sure you're doing so safely. Follow these important safety tips:



Buckle Up

Always wear your safety belt. It is your last line of defense. Remember, seat belts save lives.



Prepare For the Drive

Adjust mirrors and instrument panel lighting, and program the GPS before you hit the road.



Drive Safely

Obey speed limits and traffic signs. Excessive speed reduces your ability to avoid a crash, extends your vehicle's stopping distance and increases the severity of a crash if it occurs. Slow down in bad weather and at construction zones.



Avoid Distractions

Avoid distractions such as adjusting the radio, eating, drinking or other activities that remove your attention from the road.



Be Aware of Other Drivers

Never forget that far too many of the drivers sharing the road with you might be inattentive or driving distracted.



Never Text or Email While Driving

Set your smart phone to the do not disturb setting or put it on silent mode before you start your journey. Texting is the most dangerous distraction, according to a study by the Virginia Tech Transportation Institute. Truck drivers who texted while driving had 23 times the risk of being involved in a crash or a near-crash incident.

In addition, federal regulations prohibit texting and hand-held mobile phone use while operating a commercial motor vehicle in interstate commerce. Drivers caught texting or using hand-held mobile phones are subject to strict fines.



Avoid Aggressive Driving

Don't provoke or allow yourself to be provoked. If another driver is acting aggressively, don't take the bait. Simply ignore them.



Only Make Safe and Necessary Lane Changes

Pick a lane and stay in it for as long as possible. Lane changes increase risk of a crash. When you do have to change lanes, always signal any lane change or turning movement well ahead of the action.



Don't Tailgate

Following too closely reduces visibility of the road ahead and impacts your reaction time.



Allow Plenty of Time

Allow plenty of time to reach your destination so you will be less likely to speed.



Never Drive Under the Influence

Never drive under the influence of drugs or alcohol and watch out for other motorists whose driving behavior suggests they may be alcohol or drug impaired.



Get Enough Sleep

Sleep deprivation and fatigue causes lapses in attention, slowed awareness and impaired judgment.



Don't Multi-Task Behind the Wheel

Glancing away from the road for more than one second – for any reason – can be extremely dangerous. At 55 miles per hour, during a three-second glance away from the road, your vehicle will move nearly 250 feet down the road without your attention; that's almost the length of a football field.

Short glances at vehicle instruments, mirrors, installed communication devices, GPS systems or other technology can be done safely, if these scans are limited to less than one second and are related only to the driving task.

FOR MORE INFORMATION ON SAFELY SHARING THE ROADS WITH OTHER VEHICLES, VISIT:
www.OperationSafeDriver.org

