

AUG 6, 2017

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WANT
YOU**

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**North American
Transport Services**



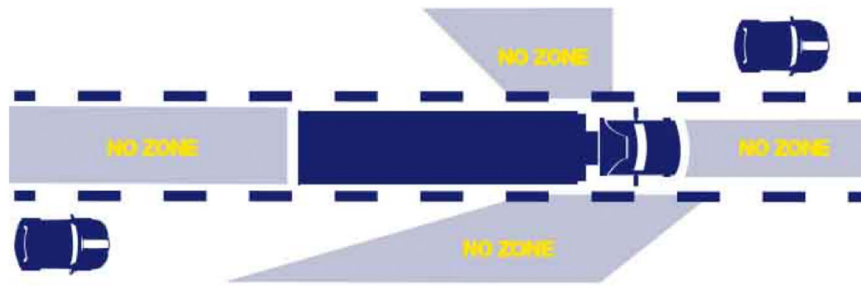
SAFETY TIPS FOR TRUCK DRIVERS



Truck driving requires full concentration on the road in order to deal with traffic, dangerous weather conditions and wandering wildlife. One minute that you take your eyes off the road carries possible huge repercussions.

To help you be safe consider the following safety tips when driving:

- Maintain proper following distance with the vehicle in front of you. According to studies, the most common vehicle trucks hit is the one in front of them due to tailgating. Be sure to Have additional space with the vehicles in front of you when driving in rain or snow.
- Signal early when approaching an intersection, giving other motorists enough warning of your intended direction.
- With so many blind spots on a truck, it's good to minimize lane changing. Check your side mirrors at least once every 10 seconds
- When pulled off to the side of a road, highway, or Interstate due to mechanical problems, always use flashers, reflective triangles, and even road flares to alert approaching drivers.
- Always obey speed limits and adjust the speed accordingly when driving in wintery conditions.
- Slow down in work zones. Close to one-third of all fatal work zone crashes involve large trucks. You could lose your commercial drivers license if caught speeding in a posted work zone.
- Take plenty of breaks to help remain alert. Don't fight eye-fatigue, pull off the road and take a nap. The consequences of falling asleep at the wheel, far outweigh those associated with arriving late.
- Strictly adhere to commercial driver hour restrictions. By law you cannot exceed 11 hours of driving. You could jeopardize your drivers license if caught violating this law.



If you have any questions please feel free to contact me at ext. 1304 or ssandri@nalogistics.com