

SAFETY



MONDAY



BE AWARE OF DISTRACTIONS WHILE DRIVING

Visual: looking at something other than the road;
Keep your eyes on the road

Auditory: hearing something not related to driving.

- ✓ Your phone ringing- Keep your phone on silent or drive mode and pull over if you must use it or other devices
- ✓ Noises outside of your truck-Tune out distractions around you

Manual: taking hands off the wheel;

- ✓ Adjusting the radio or A/C-Adjust your radio and A/C before you drive
- ✓ Reaching for something-Keep your cab clean and organized
- ✓ Keep both hands on the wheel

Cognitive: thinking about something other than driving.

- ✓ Daydreaming- Take breaks if you need to refocus
- ✓ Being tired or hungry- Get plenty of rest and eat well



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