



United Highway Carriers



Safety matters

Greetings people out there in the real world! Your friends at United Highway Carriers hope that you've all been practicing safe practices in the workplace. Just a reminder, please check back and reread our old bulletins – especially the best practices section – as a way to remember all of the safety topics that we've discussed thus far!

Today, we'll be discussing general trucking safety. This will be **The United Highway Carriers Truck Safety Refresher Sheet!** You're probably wondering why you need a refresher; after all, you've read this stuff before. Well, according to studies, for the human brain to completely take something in, they have to be reminded an average of **seven times** before they'll be able to fully



understand that concept. That's a lot of repetition! We think if you see enough of this stuff behind the wheel and away from the wheel, if the time arises for you to have to use these safety practices, you'll be ready and raring to go – you'll be a **SAFETY MACHINE!**

The truck driver is the most important link in trucking safety. To make yourself a machine ready and raring to go, it is always crucial to follow these **BEST PRACTICES:**

- **Stay healthy, fit and well rested.** Driver fatigue and inattention to the road can increase the probability of an accident.
- To maintain your most alert state when driving, **avoid alcohol, drugs, and medications that cause drowsiness.**
- Learn and **follow the hours of service requirements that apply to you.**
- **Don't multi-task** while driving; **keep your eyes and mind on the road.**



ACTIVITY: Can you think of anything else that you can do to yourself to make yourself more alert, awake, and clear-headed? List them to yourself or talk about them now in your safety meeting or with your coworkers.

“Those tips are great! Do you have any practices that I can take out onto the road with me, now that I'm feeling alert and ready to drive?”

We sure do! We've put together **BEST PRACTICES FOR TECHNIQUES TO EXECUTE ON THE ROAD:**

- **Follow posted speed limits** and local road **regulations.**
- **Always wear your seatbelt.** Seatbelts keep you in your truck, in your seat, and in control.
- **Drive defensively** and never assume that you can predict another driver's intentions.
- Be aware of your truck's blind spots and **check carefully** before making slow, deliberate maneuvers.
- On the road, **keep a safe speed and maintain adequate braking distances** from other vehicles.
- **Avoid aggressive drivers and do not use aggressive moves like high speed, tailgating, and frequent or abrupt lane changes.**
- Always **slow down** in construction and road work zones and as you pass stalled or stopped vehicles.

ACTIVITY: Can you think of anything else that you can do on the road to promote safer driving practices? Make a list to yourself or discuss your answers with your coworkers in a casual setting or in a safety meeting.

“More! I need more safety! What can I do for my truck? I am now ready to be safe on the road physically, mentally, and in practice. What can I do to get my truck ready for our safe and excellent journey?”

Wow, what enthusiasm! I think that we’ve created a safety monster!



So you want to know what you can do to get your truck ready for the road? Well, here are some **BEST PRACTICES for getting your truck ready for the open road: (Try and use this as a checklist!)**

- Make sure that all brakes and the steering system work properly.
- Inspect the tires for excessive wear and proper inflation.
- Check the headlights, brake lights and signaling devices.
- Frame and suspension systems should be structurally sound with no cracked or broken frame members.
- Examine the mirrors, windshield, and windows for cracks and damage.
- Make sure that your truck is equipped with safety gear such as a fire extinguisher and road warning signals.
- The truck and trailer should have proper decals and reflective markings.
- Under-ride prevention bumpers should be in place.
- Dash sensors and warning devices should work properly.
- Inspect your trailer and load for safety before you agree to haul it.
- Make sure that trailer couplings and fifth wheel assemblies are securely attached.
- Check the load factor; loads should be balanced and securely fastened.
- Tankers should be at least 3/4 full to avoid sloshing and the danger of rollover.
- Follow-up on all of your hard work! Maintain your truck inspection records, hours of service logs, and repair and maintenance logs. Periodically, read trucking safety materials and attend training to practice safety maneuvers and “keep on trucking” safely.

ACTIVITY: Create a checklist using our suggestions from article and your own generated suggestions to make a safety plan and checklist for yourself.

Keep it in your vehicle along with other safety resources that you may need (emergency phone numbers, identification numbers, maps, etc.). You may create this alone, with some friends or coworkers, or as an office during a safety meeting.

If created as a group, make sure that everyone gets a copy! Take care and be safe, from your friends at United Highway Carriers!



If you have any questions, please contact:

OSHA: 1-800-321-OSHA (6742)

United Highway Carriers: info@uhca.com or speak directly to our Safety Director, David at 877.235.2968.