

Safe Driving Habits Checklist

Driver safety is a critical subject for the professional truck driver. Arguably, most accidents can be prevented by practicing safe driving habits. Use the following checklist to audit your driving habits and to make sure you are protecting your safety, and the safety of others you share the road with.

☐ **I Wear My Seatbelt Every Time I Drive**

Rationale: *Studies show that approximately 40% of crash-related deaths occur every year from a failure to wear a seatbelt. The use of seatbelts is a requirement, and also the easiest way to help prevent fatal injury.*

☐ **I Do Not Use My Cell Phone While I Drive**

Rationale: *Holding a cell phone is now illegal in most states while driving. Talking, texting or looking at your phone screen is distracting and can lead to a serious accident.*

☐ **I Am Aware of the Speed Limit While I Drive**

Rationale: *Speed limits are there, especially ones specifically noted for trucks. Stay within the speed limit and you will stay safer on the road.*

☐ **I Avoid Drugs and Alcohol as a Professional Truck Driver**

Rationale: *While it may sound obvious, drinking and driving is very dangerous and should be avoided at all costs. Drugs include anything that impairs your judgment or physical faculties, such as medications that may cause drowsiness. Besides having safety concerns, being under the influence can also cost you your job.*

☐ **I Always Plan My Trip Before I Depart**

Rationale: *There are all sorts of unexpected events that could occur on the road, but having a plan can make you more prepared. The better you have your trip planned out (driving hours, routes, weather scouting, etc.), the safer your journey will be.*

☐ **I Am Aware and Mindful of My Truck's Space Cushion**

Rationale: *Always be mindful of your truck's large height and weight. Make sure there is a safe space cushion around all sides of the vehicle to prevent accidents.*

☐ **I Slow Down for Turns and Curves**

Rationale: *Be careful when making turns on a curvy road or at an off-ramp. Slow down accordingly to adjust for lane changes and other vehicles.*

☐ **I Maintain a Proper Stopping Distance**

Rationale: *Make sure to maintain ample stopping distance between you and any vehicles ahead of you. Keeping your head forward and reducing distractions will help you avoid close interactions.*

☐ **I Watch for changing Weather Conditions**

Rationale: *Certain parts of the country are known for having unpredictable weather, but try to keep track of changes and avoid dangerous driving conditions whenever possible.*

☐ **I Eat Healthy and Get My Rest**

Rationale: *A healthier diet and ample rest will keep you more alert on the road. Make sure you get plenty of sleep and pull over if you are feeling tired. Grab a light snack, stretch your legs or take a catnap. Munching on junk foods, drinking sugary drinks and consuming heavy meals can make you drowsy, so look for healthy alternatives when you can.*