

# Safety Bulletin

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## Truck Driver Safety In Winter Months

While driving a truck safely is hard under normal circumstances, it is even more important to be aware of your surroundings in the winter months – especially during a snow storm. Use the winter time truck driving safety tips below to help you and those driving on the road around you stay safe.

1. Check your wipers before each trip. They need to be working correctly if there is snow or rain.
2. Always keep a spare blanket, water and a few snacks in your truck. If you get stuck or need to pull off of the road because of poor driving conditions, you'll be happy you have them.
3. Keep your eyes on the road. You need to be aware of everything that is going on around you. If someone swerves or crashes in front of your truck, you need more time to react than you would on a dry road.
4. Put extra space between you and the cars around you. Again, this allows you to stop if something goes wrong.
5. If you see that other trucks have swerved off the road or even pulled over to wait out the storm, it is probably best that you do the same.
6. If there is ice on your truck, there is probably ice on the roads. If you can wait out the storm, you should. If not, remember to drive slowly and pay attention to your surroundings.



### Every Day Safety Tips to Keep in Mind

Even when the driving conditions are ideal, it is important to follow all traffic laws and think about your safety and the safety of those driving around you. If you use these truck driver safety tips while on the road, they will help you stay safe for your entire trip.

1. One of the most important things is to make sure your truck is in peak operating condition. Check the fluids, brakes and engine before each trip.
2. Stay in one lane if possible. You should avoid switching back and forth.
3. Signal that you are going to stop well before you actually do. Your truck is no doubt big and will take a few seconds to actually stop. You should never slam on the brakes. Always ease into a stop.
4. Check your mirrors every 8 seconds. Your blind spots are large and a car could virtually come out of nowhere in an instant.
5. Never let your truck idle for more than five minutes.
6. Do not tailgate. In a big truck, you do not have enough time to react to the car in front of you if you are on top of them.
7. Wear loose fitting, comfortable clothing. You may be sitting in the same position for a long period of time and you want to be comfortable.
8. Eat. This sounds like common sense, but many drivers forget to eat or just grab snacks like chips and donuts. You need to eat a real meal to keep your energy up while driving.
9. Just like a car, anytime you are in the truck you should be wearing your seatbelt.

**Follow these tips and you are sure to make it to your destination with no problems or worries.**



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