



WINTER DRIVING SAFETY TIPS



VEHICLE MATERIAL AND EQUIPMENT:

- Have a snow brush
- Have enough windshield washer fluid
- Properly drain moisture from tanks and air lines
- Do a thorough inspection of the vehicle



CLOTHING

- Wear appropriate winter clothing
- Have a change of clothes
- Use multiple layers to remove or add depending on the temperature



DRIVING

- Exercise caution, especially on bridges and overpasses, which are often frozen
- Allow more time to cover the same distance
- Increase the braking distance
- Slow down and adapt your speed to road and weather conditions
- Increase your distance from the vehicle in front of you



SLIPS, TRIPS AND FALLS

- Wear proper footwear
- Wear ice cleats when walking on snow or ice
- Use 3 points of contact to get on and off the truck



SNOW REMOVAL AND DE-ICING

- Properly remove snow and ice from various vehicle components (roof, mirrors, windshield, wipers, headlights, reflective strips, etc.)



FATIGUE

- Get enough rest before shifts
- Avoid heavy meals and high-carb foods
- Drink plenty of water
- If necessary, take a 20-minute nap by setting your alarm



DRIVING DISTRACTIONS

- Focus only on the road and on your driving
- Do not do any other activities besides driving
- Never use the cell phone (activate airplane mode or mute it while driving)



IN CASE OF EMERGENCY OR BREAKDOWN HAVE:

- sufficient food and water
- a working flashlight
- extra blankets
- a cell phone charger