



TOP SAFETY HAZARDS FOR TRUCK DRIVERS

FATAL SAFETY HAZARDS



NON-FATAL SAFETY HAZARDS



SAFETY GUIDELINES TO PREVENT INJURY

Follow driving time guidelines

Do not drive beyond the 14th consecutive hour after coming on duty

Drive only if 8 hours or less have passed since end of last off-duty period

Do not drive after 60/70 hours on duty in 7/8 consecutive days

Drive a maximum of 11 hours after 10 consecutive hours off

Take plenty of breaks

This helps you stay alert

Shut off truck while sleeping loading, and unloading

Use flashers, flares, and triangles when pulled off road for mechanical problems

Don't fight sleep

When tired, pull over and take a nap

Lower speed in wintery conditions

Watch bridges in winter
Bridges freeze faster than roads

Do not tailgate
Maintain enough stopping space for your truck

Idle with windows closed
Reduces exposure to fumes

Slow down in work zones
One-third of all fatal work zone crashes involve trucks

Signal early
Give ample warning to other motorists

Use flashers
Especially if driving below posted speed limit

Brake early
Give other motorists ample warning you are stopping

Have tire chains
Especially when driving in mountainous regions

Minimize lane changing
Due to blind spots

Keep fuel tank full in winter
Prevents water build up in fuel lines

Increase following distance in rain or snow

Truck Driver Safety Manual

Huangqi Zhang



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Table of Contents Truck Driver Safety Manual

1. Understanding the eBook Truck Driver Safety Manual
 - The Rise of Digital Reading Truck Driver Safety Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Truck Driver Safety Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Truck Driver Safety Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Truck Driver Safety Manual
 - Personalized Recommendations
 - Truck Driver Safety Manual User Reviews and Ratings

- Truck Driver Safety Manual and Bestseller Lists
- 5. Accessing Truck Driver Safety Manual Free and Paid eBooks
 - Truck Driver Safety Manual Public Domain eBooks
 - Truck Driver Safety Manual eBook Subscription Services
 - Truck Driver Safety Manual Budget-Friendly Options
- 6. Navigating Truck Driver Safety Manual eBook Formats
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 - Truck Driver Safety Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Truck Driver Safety Manual
 - Highlighting and Note-Taking Truck Driver Safety Manual
 - Interactive Elements Truck Driver Safety Manual
- 8. Staying Engaged with Truck Driver Safety Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Truck Driver Safety Manual
- 9. Balancing eBooks and Physical Books Truck Driver Safety Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Truck Driver Safety Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Truck Driver Safety Manual
 - Setting Reading Goals Truck Driver Safety Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Truck Driver Safety Manual
 - Fact-Checking eBook Content of Truck Driver Safety Manual
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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