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Safe Driving Tips

1. “Cover the brake” at intersections
2. Practice “when/then” thinking and mental imagery to prepare to respond to events that occur on the roadway.
3. Scan using the 3-Second Rule
4. Manage your vehicle spacing
5. Check your tire pressure
6. Think twice before speeding
7. Adjust your speed before curves
8. TRAIN, TRAIN, TRAIN



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Defensive Driving Behaviors

1. Look ahead at oncoming traffic and make eye contact with drivers
2. Be aware of traffic to the side of you when passing a vehicle or being passed
3. Avoid aggressive driving
4. Leave sufficient space between you and the vehicles in front and behind
 - Follow the 3-second rule
5. Increase 3-second rule in inclement weather, at night, or when following trucks or motorcycles
6. Always wear your seatbelt
7. Be aware of your surroundings – pay attention to everything around you
8. Check mirrors regularly, always keep your eyes moving
9. Stay back from individuals driving aggressively or erratically
10. Watch for pedestrians, cyclists, motorcycles, and animals
11. Never assume other drivers will stop at lights, give you the right of way, or allow you to merge
12. Plan your actions for the worst-case scenario
13. Control your speed and adjust for road conditions and traffic

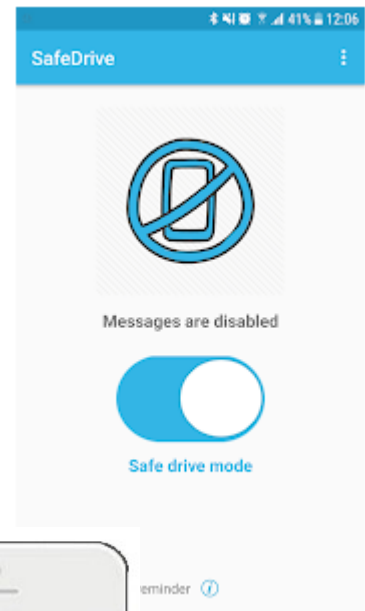
14. Plan an escape route to avoid potential dangers
15. Drive and position your vehicle so that you're visible to other vehicles and can see other vehicles, as well
16. Eliminate driving distractions
17. Stay focused when you drive
18. Avoid driving when fatigued
19. Do not drive when impaired by drugs, alcohol, prescription medication, lack of sleep, etc.
20. Avoid passing trucks on the right or left side when they're turning
21. Don't drive next to semis (especially long-load trucks)
 - If you're passing on multiple lane freeway, wait to be sure you have a clear area to pass
22. Reconsider driving in adverse weather conditions such as ice and snow
 - Always check the traffic or road reports prior to starting out on your trip
 - Consider staying overnight if the roads are not in good condition
23. Always look ahead and to the sides for potholes, dead animals, road debris, etc. that would cause damage to your vehicle and possibly cause injury to you

Digital Toolbox for Safe Driving

TRUCE makes using mobile phones behind the wheel or on the job safer for your employees and organizations. The app can switch a phone or tablet to a protected state as soon as the app detects a high-risk situation.



SafeDrive is a distracted driving solution that blocks drivers from making phone calls or texting while driving. It combines a mobile app and beacon hardware to accurately determine the proximity of the phone and disable calling and texting functionalities.



LifeSaver is changing the culture of distracted driving for parents and for fleets. The app auto-detects driving and blocks phone use on the road.

