

Daily Safety Tips for Parcel Delivery Drivers

Meet tomorrow prepared





How the Daily Safety Tips program works:

The Daily Safety Tips program is designed as a comprehensive checklist that provides management with daily safety topics to communicate effectively throughout the year. Each tip is accompanied by a corresponding message that safety managers can use to implement and incorporate as a talking point. These talking points are useful for safety huddles, shift change meetings, and helping employees understand the importance of safety measures. Additionally, the checklist can be repurposed to meet specific business needs.

Manager's Role:

Managers play a crucial role in the Daily Safety Tips program. They must ensure that the Daily Safety Tip Checklist and Talking Points are incorporated and utilized by lead safety personnel to help:

- Generate safety awareness
- Take control, and reduce claims and related expenses, adding significant value to operations

Benefits:

Daily Safety Topics & Tips with Talking Points:

Each day of the month is assigned a specific and essential safety topic, with corresponding messaging of a rotating schedule. Revisiting the safety topics throughout the year will help:

- Reinforce safety compliance and a safety mindset
- Help employees understand its importance keeping it year- top of mind
- Empower safety accountability
- Promote and heighten safety awareness
- Build a consistent and safer work environment round

Wide range of essential topics covered include:

- Slip, trip and fall
- Fall prevention
- Manual material handling and Cutting safety
- Fire extinguisher safety
- Sprinkler system testing
- Industrial rack/module safety
- And many other essential safety topics

Daily Safety Tips Checklist

The safety tips checklist offers daily safety topics with related Talking Points to enhance corresponding messaging for safety management to incorporate into morning or shift change meetings. The primary objective is to provide repetitive training and continue reinforcing safe practices and accountability among the workers, year-round.

Key Points

- **Repetitive Training:** Regularly revisit safety topics to help reinforce safe practices and accountability, fostering a culture of awareness and prevention
- **Familiar and New Topics:** The checklist includes a mix of well-known and new safety topics and insights to provide comprehensive safety education.
- **Scenarios Covered:** Although not exhaustive, the topics cover various scenarios that impact the safety and security of employees and the public, ensuring a broad understanding of potential hazards.

Safety is NO accident, and everyone's responsibility all day, every day.

It's essential for management to:

- Schedule safety meetings regularly (e.g., daily, weekly, bi-weekly, or monthly).
- Ensure all employees are informed about the schedule and encouraged to attend.
- Review recent incidents, near-misses, and lessons learned.
- Discuss potential hazards in the workplace and verify appropriate responses to daily conditions.
- Outline and reinforce appropriate safety measures.

By doing so, employees are kept well informed about potential hazards and the appropriate measures to take will contribute to a safer and more productive work environment.

Daily safety tips are grouped by month to help keep safety awareness ongoing throughout the year. Below is an example of the Daily Safety Tip Checklist with reference to how it can be used during safety discussions.

Tips designed to repeat for each grouping of months: (January / May / September)

Day	Safety Tips	Response: Talking Points
	Tip of the Day (Start-up Conversation)	Response: Incorporate Talking Points: into a start-up conversation. Below is an example based on the topic of Fire Safety.
1	Do you know where the closest fire extinguisher is located and how to use it?	Fire extinguishers should be clearly visible to all personnel. Employees should understand how to operate an extinguisher effectively, unless the company dictates only designated personnel are authorized to use the extinguisher. What does your policy say?

January / April / July / October		
Day	Safety Tips	Response: Talking Points
1	Visually inspect the scene	If you are involved in a crash, visually inspect the scene and take photos that show contributing factors such as road conditions, traffic signals, lane markers and skid-marks. Take picture from different angles, and if possible, begin at 20 steps from the scene and then again at 30, 0, and 100 steps.
2	Keep your eyes out for Cyclists and Motorcyclists.	Pay attention to cyclists and bike lanes and motorcyclists. Always check your blind spot when turning through a bike lane and give them a minimum of 4 seconds of space when they are on the road.
3	Aggressive driving. Be patient when you drive.	If you find yourself overly upset while driving pull over and log off the app. Driving in a heightened emotional state can leech into your driving and cause accidents.
4	Avoid Driving Physically Impaired.	Being awake for 17 hours is equal to a blood alcohol concentration (BAC) of 0.0%. (the level some countries use for drunk driving violations) leaves you at an increased risk of a crash. Source https://www.cdc.gov/niosh/emres/longhourstraining/impaired.html
5	Consuming alcohol the night before your work could make you impaired.	No driver shall perform safety-sensitive functions within four hours after using alcohol (FMCSA Section 382.207: Pre-duty use). Using alcohol means even one drink. No driver required to take a post-accident alcohol test shall use alcohol for eight hours following the accident or until after he/ she is tested.
6	Multi-tasking... Do you know the consequences?	Driving decisions are often affected by outside influences that cause a shift of focus away from the driving task. Glancing down at a cell phone or other device for even a few seconds can be the equivalent of driving the length of a football field blindfolded. Remember, the consequences could be permanent.
7	Preventing back injuries. Check the object before you lift it.	• Test every load before you lift by pushing the object lightly with your hands or feet to see how easily it moves. This tells you about how heavy it is. • Remember, a small size does not always mean a light load.
8	Watch for school buses	Obey all posted highway signs including changing speed limit zones and school zone area information signs. Anticipate that children may be present at other times as well, for example, attending after school activities.
	Be aware of schools	Be aware of the likelihood of inexperienced and reckless drivers in and near schools. Youthful drivers may make mistakes in judgment so be sure you are looking out for yourself by looking out for the mistakes of other drivers. Drive defensively.
	Eliminate distractions.	Eliminate distractions in your vehicle. Consider turning off or turning down the radio, do not use your cell phone, or adjust any other electronic devices, and increase your alertness in and around school zones. Anticipate the children will disobey posted crossing signs and be prepared to stop.

January / April / July / October		
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9	Top ten DSP driver distractions	The National Highway Transportation Safety Association (NHTSA) has published a list of the top ten driving distractions. Do any of them apply to you? 1. Using built-in car devices (touch screen, GPS, etc.) 2. Adjusting vehicle controls (climate, audio, mirrors, etc.) 3. Eating or drinking 4. Using or reaching for a device brought into the vehicle 5. Occupants; infants, children, teenagers, adults 6. Looking at surroundings (rubbernecking) 7. Operating a cell phone (dialing/texting) 8. Smoking 9. Reading 10 Applying makeup
10	Space and speed	Are you driving a safe distance from the vehicle ahead? If it suddenly and unexpectedly stops, can you stop in time? Drive at a speed that allows you time to see and react to a panic stop of the vehicle in front of you.
11	Calculating your following distance	To calculate a six-second following distance, watch the vehicle in front of you pass a non-moving object (e.g., overhead bridge, streetlight, billboard, tree, etc.) and begin counting (one thousand one, one thousand two, etc.). By the time you get to that same fixed object, you should have counted at least six seconds. Recommended practice for commercial motor vehicles is considered six to eight seconds following distance
12	A visit to Real Ville	Is the risk of a crash worth answering a text, answering a call, adjusting the radio, or eating a meal while driving? Here is one of many faces of victims of a distracted driving crash; In May of 2008, a young woman and her parents attended her college graduation ceremony. On the way home, a young driver talking on his cell phone ran a red light, causing a tractor-trailer to swerve and crash into that vehicle. The young woman was critically injured, and both of her parents were killed instantly.
13	Never pass school buses on the right	Because state laws vary, it is best to review the laws of the state where you operate. However, a best practice is to never pass a school bus on the right side as this is the side that children exit the bus. In most State's when the bus's lights are flashing yellow and/or red it is illegal. Laws regarding divided highways also vary from State to State. Expect delays. The opening of schools means an extra half million school buses on the road, in addition to the extra millions of vehicles operated by teachers and students returning to school.

January / April / July / October

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14	Know your neighborhoods.	Some neighborhoods can be dangerous to deliver to, especially late at night. Before exiting your vehicle, scan the area for potential hazards and keep a level head. If an area feels unsafe, carefully leave and contact support.
15	Be aware of dogs when making deliveries.	Keep your eyes out for dogs when making deliveries. Do not approach or pet a dog. Dogs can look friendly but can turn on you quickly. Minimize your interaction when dogs are present.
16	Deliver packages with care. Don't run to avoid an injury.	Do not run with packages. This will help to prevent you from falling and being injured.
17	Interventions	As a driver, you have probably noticed another driver's attitude regarding safe driving is questionable or high risk in nature. As a fellow employee or friend, do not ignore the problem or avoid talking to them. You could be helping them keep their job, their life and/or save the lives of others.
18	Be aware near schools	Be aware of the likelihood of inexperienced and reckless drivers in and near schools. Youthful drivers may make mistakes in judgement so be sure you are looking out for yourself by looking out for the mistakes of other drivers. Drive defensively.
19	Fire extinguisher basics: use the PASS system to put out the fire.	Pull the pin. Aim the extinguisher nozzle at the base of the fire. Squeeze or press the handle. Sweep from side to side slowly at the base of the fire until it goes out. Remember to never endanger yourself. If the fire is too large to put out, sound the alarm immediately, and follow evacuation protocols.
20	Proper Foot Protection: All DSP drivers should wear the appropriate slip resistant footwear.	Foot Protection All DSP drivers should wear the appropriate slip resistant footwear. The proper footwear could keep you from having an injury.
21	Healthy choices	You are what you eat when it comes to good health, so the more you understand how to make good dietary choices, the better for your health. The same applies to understanding the benefits of counter measures to ward off fatigue. Fatigue countermeasures include: • Obtaining a minimum number of hours of restful sleep. Employing napping strategies. • Taking sufficient rest breaks from driving. • Paying attention to variations in mood, motivation, and performance. With increased awareness, it is more likely you can act on the telltale warning signs of the onset of fatigue and waning alertness while driving.

January / April / July / October

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22	Floods	Streams and river conditions can change dramatically when the snow is melting or during high levels of sustained rainfall. The force of flood waters can lift people, buildings, cars, vans, buses, and trucks off of the ground. Remember to: • Inspect any vehicle including trailers that may have been submerged while parked in a flooded area. • Check your cargo, wheels, seals, brakes or other components for water infiltration.
23	Relaxing	Learn to lower the stress associated with your driving duties by recognizing stress inducing situations. Identify situations or conditions that are common stress triggers at work and during off-duty hours. Think about what creates stress before work, during work and in your personal life. Running late, financial concerns, personal relationships, traffic, or weather are just a few many people experience often. Worry only about those things over which you have control to relieve anxiety. Remember, you will be calmer in a fast-paced world both at home and at work, by learning to recognize, control and manage our own responses to stress.
24	What does building a bridge mean regarding back safety?	You may occasionally bend over to pick up a piece of paper or other debris or items on the floor or ground. When you do, be sure to build a bridge. This simply means to support your upper body (which weighs significantly more than your lower body). This can be accomplished by placing one hand on your knee or inner thigh or on a stable item, such as a table or counter. This support of your upper body will lower the risk of injuring your lower back. In many industries, strains and over exertion injuries remain one of the top workers' compensation causes of loss.
25	But I only closed my eyes for a second!	But I only closed my eyes for a second! At 60mph, a single second translates to speeding along for 88 feet. That is the length of two school buses. According to the NHTSA, drowsy driving causes approximately 80,000+ crashes a year. These accidents result in an estimated 35,000 injuries and 1,000 deaths. Those who sleep less than six hours are three times more likely to be involved in a crash. Get adequate sleep. Most adults need 7-9 hours to maintain proper alertness during the day.
26	Counter measures	Here are some tips to help reduce driving fatigue. Pull off in a safe area and take a brief nap (15 to 20 minutes). Longer naps may result in sleep inertia, leaving you groggy and disoriented, which can be detrimental to driving. Drinking a caffeinated beverage may promote short-term alertness, but it takes about 30 minutes for caffeine to enter the bloodstream. Keep in mind that caffeine will not have much of an effect on people who consume it regularly.

January / April / July / October

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27	Driver responsibilities at accident scenes	Do not let it get worse. 1. Pull off to a safe area, turn off vehicle and get out if not seriously injured, and be on the alert for other drivers leaving the scene or passing by. 2. Aid the injured if possible 3. Call it in and report it. 4. Collect info, license plate numbers, insurance info, driver and passenger names, make and model of vehicle or vehicles. 5. Make NO statements 6. Take lots of pictures Remember, safety and injuries take priority.
28	Adjusting following distance	When road and weather conditions deteriorate, or traffic volume increases, you should add more time between you and the vehicle ahead. Extreme conditions such as rain, ice, snow, and fog require adding space until you are sure you have time to suddenly stop without striking the vehicle ahead.
29	Proper and secure parking	Vehicles and their cargo obviously are most at risk of theft or vandalism when they are parked. Remember, freight at rest is freight at risk.
30	Avoid jumping out of a vehicle. Never jump down or fall out of a vehicle	To exit the vehicle, examine the ground before you step out. Look for hazardous conditions e.g., ice, water, cracks, and uneven surfaces. Avoid jumping down/out or falling forward out of a vehicle. Jumping increases the force the force and strain on your bones and joints, (mostly ankle, knee, and back). Additionally, by jumping out of a vehicle, there is a risk you might catch your clothing on the door handles, seat adjustments, or seat belts, causing an uncontrolled fall and serious injury. Source: Entering and Exiting Vehicles Safely OSHA Safety Manuals
31	Dog safety, Remain calm and do not escalate the situation.	Dogs can sense, panic and aggressive body language, and make the dog aggressive. Remain calm and move slowly. If a dog seems aggressive: • Do not make sudden movements. • Turn your body sideways. This will make you appear less threatening. • Slowly back away without ever turning your back on a dog. • Do not run, as this will trigger predatory instincts that will be hard for the dog to ignore. If an attack occurs, try to cover your face, neck, and hands, which are the most vulnerable places during a dog bite. Source: Dog Bite Prevention Tips for Delivery Drivers

February / May / August / November		
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1	What are the risks of speeding?	Traveling 65 mph in a 55-mph zone increases your odds of being in a collision by 31%. (ATRI) Speeding can increase liability in a crash situation. Observe reduced speeds in school, construction, and hospital zones. Remember, as a professional driver the expectations are high, but you are the person who may suffer unfortunate consequences.
2	Slow down for school buses.	Slow down while approaching children that are awaiting school buses. Always stop for buses and wait patiently until all of the children have crossed the street safely. Pay attention to bus signals and wait until the bus has begun moving before you proceed.
3	Blind spots	Be mindful of your vehicle's blind spots when changing lanes. This is generally at your 4 o'clock and 8 o'clock where the side mirrors do not reach. Depending on the size of your vehicle, pay attention to the blind spot obscured by the hood
4	Planning your route	Know if there are any travel restrictions on your route, be prepared to be stranded or delayed, check weather and road conditions from TV or radio stations, or internet websites, such as the FHWA's national weather and road map, designated traffic hotlines, local police, emergency response personnel and state police.
5	Follow the doctor's orders	If your physician requires you to take prescription medications, receive therapy, or follow special dietary guidelines, be sure that you follow the instructions for your personal health and safety while driving.
6	Eliminate distractions near schools	Eliminate distractions in your vehicle. Consider turning off or turning down the radio, do not use your cell phone, or adjust any other electronic devices, and increase your alertness in and around school zones. Anticipate the children will disobey posted crossing signs and be prepared to stop.
7	Avoid hard turns	Avoid hard turns, sudden stops, quick accelerations, and driving over curbs or through potholes. Most of all, avoid being involved in a collision.
8	Check your headlights	Before starting your trip, make sure all of your lights are clean and working. This includes: • Daylight running lights • High beams
9	Maintain a safe cushion	A safe following distance allows for a safety cushion if unexpected hazards appear, road conditions change or the vehicle ahead of you suddenly stops or changes direction. If someone cuts you off, reduce your speed to regain a safe distance.

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10	Crosswalk safety	Always watch out for pedestrians. Be careful not to be blind-sided. When you see a stopped car near a crosswalk or road end, always slow down immediately. There is a good chance a pedestrian is trying to cross.
11	Prescription and over the counter medicine	If you use prescription or over the counter drugs, you need to be aware of the regulations governing their use as commercial vehicle driver. The medication must be prescribed to you by a licensed physician. The role of the prescribing physician is to make a 'good faith' judgment that the use of the substance prescribed or authorized dosage level is consistent with the safe performance of your duties. If one or more doctors are treating you, you must show that at least one of the treating doctors has been informed of all prescribed medications.
12	Follow company alcohol policies	If you choose to accept alcohol deliveries, make sure to follow the in-app guidelines for checking sobriety, scanning Identification, and safe transportation of liquor.
13	Pledge to not be distracted	Take the National Highway Traffic Safety Administration pledge. Encourage your family and friends to do so too. Download the NHTSA form at: http://www.distraction.gov/take-action/take-the-%20pledge.html
14	Captain of the trip	As a driver, <i>you are the captain of the ship</i>. By tradition, sea captains are responsible for returning their ships, sailors, and cargo safely to port. You are the captain of the ship and your trip. You have many crewmembers, from dispatchers to mechanics and emergency personnel patrolling highways. By being prepared and equipped with the skills and knowledge to safely operate your vehicle, you will be ready to navigate your way safely home.
15	Be a backup professional	One of the dangers of driving is letting good driving habits fade into bad habits. Basic safe backing precaution requires getting out of the vehicle to ensure the path is clear but is repeated multiple times a day or a week. This repetition often reveals no hazards to avoid. As a result, it becomes easier to assume it is unlikely that you will encounter another object. But a professional driver knows that collisions usually occur while backing up. Do not drive like an amateur; be a pro. Be prepared and alert and follow basic and company backing procedures.
16	Do not let it get worse	Stop immediately, remain calm and breathe. Secure the scene, move off the road if possible, and have passengers remain in a safe place. Set out warning devices, turn on 4-way flashers, and follow your company's procedures on aiding the injured.
17	Drivers need shades	When driving in sunny weather or when bright snow is present, make sure to have a pair of sunglasses handy. Sunglasses can help prevent eye strain and improve your visibility on the road. Additionally, sunglasses can help protect your eyes and the skin near them from harmful UV rays, keeping them healthy.

February / May / August / November		
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18	Being a mentor and a role model	If you exhibit the qualities of a professional vehicle driver, other drivers value your advice and help. To be an effective coach, be sure to demonstrate these traits: expertise, enthusiasm, clarity, empathy, and respect. Remember to lead by example
19	Federal cell phone restrictions.	All regulated commercial vehicle drivers must follow the requirements regarding distracted driving, e.g., using cell phones and other mobile communication devices. There are driver penalties up to 2,750 for the first offense and for each offense thereafter. CDL privileges could be suspended, and employers could be fined up to \$11,000.
20	Cell Phones Increase Risk	Driving while talking on cell phones (handheld and hands-free) increases the risk of injury and property damage crashes four-fold. Review your company cellphone/distracted driving policy.
21	Clean windows	Keep the windows inside and outside of a vehicle clean and transparent. Smudges and grime can build up over time and impede a driver's visibility. • Regularly wipe down the inside of the windows with a microfiber cloth. • Refill windshield washer fluid and replace windshield wiper blades at least every six months.
22	Use the 4 second rule when following another vehicle.	At a minimum, there should be at least 4 seconds of separation between your vehicle and the vehicle ahead of you. This allows for a safe cushion if unexpected hazards appear, road conditions change, or the vehicle ahead of you suddenly stops or changes direction. To calculate the following distance, watch the vehicle in front of you pass a non-moving object (e.g., overhead bridge, streetlight, billboard, etc.) and begin to count (one thousand one, one thousand two, etc.). By the time you get to the same fixed object you should have counted at least 4 seconds. If conditions are adverse (wet pavement, poor lighting, etc.) add one second for each.
23	Lining up	Be sure that you begin the backing maneuver by avoiding blind side backing. If needed, you should go around and re-position your vehicle. Having your mirrors aligned and in good condition will increase your visible line of sight. Remember, it is the responsibility of the driver to always back up safely whether using an assistant or not.
24	Self-access	Bad driving habits often develop slowly over time as good habits deteriorate. If you want to find out if you are as good a driver as you used to be, try this, count how many times during a single day or week you: • Follow too close. • Slam on the brakes. • Fail to signal. • Cut someone off at an entry/exit ramp. No matter what the total, the goal should be ZERO.

February / May / August / November		
Day	Safety Tips	Response: Talking Points
25	The right stuff	Professional drivers know they have a responsibility for the safety of other drivers, co-workers, other motorists, company vehicles, and equipment
26	At fault	If you strike a vehicle from the rear, you may be partially (if not solely) responsible, especially when visibility, weather conditions and vehicle controls are degraded.
27	Driver inattention	Driver inattention (both physical and cognitive) and distractions are the leading cause of traffic crashes--responsible for about 80 percent of all collisions--according to the National Highway Traffic Safety Administration (NHTSA). The number one source of driver inattention is cell phones, according to a Virginia Tech/NHTSA 100-car study. How many times a day or week do you see others distracted while using cell phones? Name other distractions you notice. Source: US DOT Driver Distraction in Commercial Vehicle Operations, Virginia Tech Transportation Institute, September 2009: DriverDistractionStudy.pdf
28	Be aware of dogs when making deliveries.	Keep your eyes out for dogs when making deliveries. Do not approach or pet a dog. Dogs can look friendly but can turn on you quickly. Minimize your interaction when dogs are present.
29	Never pass school buses on the right	Because state laws vary, it is best to review the laws of the state where you operate. However, a best practice is to never pass a school bus on the right side as this is the side that children exit the bus. In most State's when the bus's lights are flashing yellow and/or red it is illegal. Laws regarding divided highways also vary from State to State. Expect delays. The opening of schools means an extra half million school buses on the road, in addition to the extra millions of vehicles operated by teachers and students returning to school.
30	Click it or Ticket	A driver cited for not wearing a seat belt during a roadside inspection may receive the maximum number of CSA points allowed, and both the driver and the motor carrier may be charged. Every year during holidays, law enforcement agencies join forces day and night, from coast-to-coast, for an enforcement blitz that delivers the message Click It or Ticket. The mobilization is supported by national and local paid advertising and earned media campaigns aimed at raising awareness before the blitz.
31	Health and fatigue	Drivers who are generally more health conscious in their beliefs and behaviors, and who are more physically fit, are more likely to maintain continuously high levels of driving alertness and attention. Source: http://www.nhtsa.gov/people/injury/drowsy_driving1/listening/Sect3.htm

March / June / September / December		
Day	Safety Tips	Response: Talking Points
1	Do you have a working fire extinguisher in your home?	Include a working fire extinguisher in your disaster preparedness plans at home. Like all fire extinguishers, regularly inspect it to guarantee you have full charge when you need it.
2	Changing weather	From summer to fall or winter to spring, changing seasons will require being prepared to handle different weather and road conditions. One precautionary step includes ensuring you have supplies to handle winter weather. Check the condition of snow removal tools and equipment, stores of salt, windshield washer fluid and appropriate bad weather gear (including warm clothing, gloves, hats, and windshield scrapers).
3	Good shoes are essential - To preventing slip, trip and fall hazards.	Wear sturdy footwear with slip-resistant soles. You should know the situations and climate you will face each day. Sports shoes are not all slip resistant. When walking, your heel hits the ground first, so watch for wear and tear in the heel areas.
4	Refueling	Maintaining a healthy diet helps you to sustain the necessary energy and alertness needed to drive safely. Pack healthy snack options and water before setting out to drive. This will prevent the need to pick up unhealthy options from gas stations and fast-food restaurants.
5	Dog safety, remain calm and do not escalate the situation.	Dogs can sense, panic and aggressive body language, and make the dog aggressive. Remain calm and move slowly. If a dog seems aggressive: • Do not make sudden movements. • Turn your body sideways. This will make you appear less threatening. • Slowly back away without ever turning your back on a dog. • Do not run, as this will trigger predatory instincts that will be hard for the dog to ignore. If an attack occurs, try to cover your face, neck, and hands, which are the most vulnerable places during a dog bite. Source: Dog Bite Prevention Tips for Delivery Drivers
6	Be a backup professional.	One of the dangers of driving is letting good driving habits fade into bad habits. Basic safe backing precaution requires getting out of the vehicle to ensure the path is clear but is repeated multiple times a day or a week. This repetition often reveals no hazards to avoid. As a result, it becomes easier to assume it is unlikely that you will encounter another object. But a professional driver knows that collisions usually occur while backing up. Do not drive like an amateur; be a pro. Be prepared and alert and follow basic and company backing procedures.

March / June / September / December

Day	Safety Tips	Response: Talking Points
7	Fire extinguisher basics	Use a fire extinguisher only if it is completely safe to do so. Make sure you have a clear path to the exit in case the extinguisher is not effective. If there is any danger at all from fire, smoke, fumes, or extreme heat, leave the area immediately and follow emergency protocols for a fire.
8	Planning your route	Know if there are any restrictions on your route, be prepared to be stranded or delayed, check weather and road conditions from TV or radio stations, or internet websites such as the FHWA's national weather and road map, designated traffic hotlines, local police, emergency response personnel and state police.
9	Fatigue	Fatigue is defined as mental or physical exhaustion and extreme tiredness or weariness resulting from physical or mental activity. Fatigue can be a symptom of a medical condition, but more commonly, it is a normal physiological reaction to exertion, lack of sleep (per the National Safety Council, 1 in 3 American workers is sleep deprived), boredom, changes of sleep-wake schedules or stress. How many of these do you think can affect your performance at work or ability to work or drive safely? Here are some fatigue warning signs related to driving: • Unable to stop yawning. • Trouble keeping your eyes open and focused, especially at stop lights. • Driving becomes sloppy and you weave between lanes, tailgate or miss traffic signals. • Finding yourself hitting the grooves or rumble strips on the side of the road. • Finding yourself opening a window or turning up the radio to stay alert. • Driving aggressively to get to your next destination faster. Fatigue counter measures include obtaining a minimum number of hours of restful sleep, employing napping strategies, taking sufficient rest breaks from driving, and paying attention to variations in mood, motivation, and performance. With increased awareness, it is more likely you can act on the telltale warning signs of the onset of fatigue and waning alertness while driving. Improving and maintaining your health will improve your chances of living longer, spending more quality time with your family, and enjoying your hobbies and other fun and important parts of life.
10	Stay alert and be aware of your surroundings.	Stay alert and be always aware of your surroundings: • Avoid poorly lit areas, check your review mirror, be observant and take note of vehicles that may be following you. • Park close to the delivery location and keep an arm's distance from the public. • If a house appears vacant, avoid approaching it.

March / June / September / December		
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11	Practice a fire safety plan at home with your family.	Develop a fire safety plan with your family and other members of your household. Update your plan, if needed, as your household changes. Practice your plan: - At least twice a year - When anything changes in your household
12	Heart disease	Heart disease is the leading cause of death for both men and women. According to the Centers for Disease Control (CDC) approximately 697,000 people die of heart disease in the United States every year. That is, one in every five deaths is caused by heart disease. To help prevent heart disease: • Eat a healthy diet. • Maintain a healthy weight. • Exercise regularly. • Do not smoke. • Limit alcohol use.
13	Exercise	Regular physical activity helps improve your overall health and fitness while reducing your risk for many chronic diseases. It may seem difficult at first to find the time or energy to exercise, but even a little exercise a few days a week can help improve your health. Whether on the road (at rest areas and truck stops) or at home, try and go for short walks, do some push-ups, jumping jacks, stretch and engage in other physical activity. Always check with your doctor first to ensure you can perform new physical activities. Source http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html
14	Bend at your knees; save your back.	This old familiar message is still important.
15	Order loading	Ensure orders are placed in a secure location before driving. For orders with several drinks, ask the restaurant for a cup carrier. Making sure an order is situated in a safe place can prevent unnecessary distractions while driving.
16	Top health risks	The top critical health risks to commercial vehicle drivers can include: • Smoking and tobacco use • Obesity (being overweight) • Hypertension (high blood pressure) • Poor eating habits, diet, and nutrition • Using alcohol, drugs, and other chemical substances • Lack of physical activity/physical fitness • Psychological stress and mental fitness

March / June / September / December		
Day	Safety Tips	Response: Talking Points
17	Blind spots... Changing lanes	Be mindful of your vehicle's blind spots when changing lanes. This is generally at your 4 o'clock and 8 o'clock where the side mirrors do not reach. Depending on the size of your vehicle, pay attention to the blind spot obscured by the hood.
18	The seat belt pledge	Take the pledge: I will wear my safety belt because my wellbeing greatly affects my family and loved ones. It is my responsibility to maintain control of my vehicle. Using my safety belt is my best chance of remaining in control of my vehicle in a crash or emergency. I will always remember to buckle up.
19	Know your company's app	Most delivery apps have a function to contact authorities when emergencies happen. Know where you can access this function in your driver app to reach out for help. If you are in an emergency do not hesitate to call the police.
20	Rear-end collisions	Rear-end collisions are historically one of the most common, most expensive, and easily avoidable types of collisions. Maintaining a safe following distance and avoiding distractions are key practices to help prevent a rear-end collision. Do not tailgate, remain alert (no talking on the cell phone or texting), and leave yourself enough space to react.
21	Improving your odds	During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are the best defense against impaired, aggressive, and distracted drivers. Source NFTSA https://www.nhtsa.gov/risky-driving/seat-belts
22	Changing weather	From summer to fall or winter to spring, changing seasons will require being prepared to handle different weather and road conditions. One precautionary step includes ensuring you have supplies to handle winter weather. Check the condition of snow removal tools and equipment, stores of salt, windshield washer fluid and appropriate bad weather gear (including warm clothing, gloves, hats, and windshield scrapers).
23	Stay informed	Dispatchers and drivers should check for any special situations or conditions that could pose a safe driving hazard before a trip begins and for the duration of the trip, such as delays, traffic, and condition of vehicle or cargo
24	What is the proper way to lift a carton/object?	When lifting cartons or objects: stand with your feet apart for good balance, with shoulders and hips aligned, bend at your knees, not your waist. Maintain the natural curve in your back. When lifting, let your leg muscles do the work. Keep the load you are lifting close to your body to ease the pressure on your spine. Turn with your feet; do not twist the trunk of your body. When you set the load down, squat down slowly by bending your knees.

March / June / September / December

Day	Safety Tips	Response: Talking Points
25	Reducing risks	As a professional driver, you are expected to comply with the posted speed limits. For large vehicles, the stopping distances are greater than smaller vehicles, and highway speed limits are often set differently for trucks. Lowering speed gives you the time to see ahead and the ability to adjust to adverse conditions as they develop.
26	Park safe	When exiting a vehicle, always make sure to put the vehicle in park and turn off the ignition. Leaving a car in neutral or drive can cause damage to property and people. When parking on a hill with a curb, point the wheels toward the center of the road when facing uphill, and away from the center of the road when facing downhill. When no curb is present, face the wheels away from the center of the road.
27	Use good judgment and take action to eliminate unsafe acts!	MIST injuries are the result of an unsafe act instead of an unsafe condition. Your actions can help to minimize unsafe acts, which can help prevent you from being injured. For example, use good judgment and if an item is too heavy to lift, use a mechanical assist or co-worker to help lift it.
28	Vehicle security	When parking your vehicle consider checking the following the following: • Is your engine off? • Are your doors locked? • Are your security measures in place? • Are your keys in hand? Drivers should be trained to not take chances, even if they are only away for a moment.
29	Slow down for school buses	Slow down while approaching children that are awaiting school buses. Always stop for buses and wait patiently until all of the children have crossed the street safely. Pay attention to bus signals and wait until the bus has begun moving before you proceed.
30	Crash statistics	Use of, or reaching for, an electronic device made the risk of crash or near-crash event 6.7 times as high as non-distracted driving; and Text messaging made the risk of crash or near-crash event 23.2 times as high as non-distracted driving.
31	Be aware of dogs when making deliveries.	Keep your eyes out for dogs when making deliveries. Do not approach or pet a dog. Dogs can look friendly but can turn on you quickly. Minimize your interaction when dogs are present.



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