

SAFETY BRAKE

HAZARD PERCEPTION

As a professional driver, you know it is imperative that you constantly assess the conditions around you. Being attentive and alert at all times can help identify potential hazards you may encounter. Dangerous situations are always present whether on the road or at a customer's facility. Below are a few tips to help you manage potentially hazardous situations:

- ◆ Check your mirrors before every trip and ensure proper mirror adjustment. While driving, continue to check your mirrors every 5-8 seconds, as recommended by the Federal Motor Carrier Safety Administration (FMCSA)¹.
- ◆ Continuously scan the road while driving to better anticipate hazards and monitor the road in front of you. The FMCSA recommends to scan the road at least 15 seconds in front of you¹.
- ◆ Anticipate any potential hazards to prevent accidents while driving.
- ◆ Be cautious when entering intersections—monitor other vehicle behaviors and be aware of distracted drivers.
- ◆ Increase your awareness when around pedestrians, parked vehicles, and disabled vehicles.
- ◆ Slow down in construction zones and scan in front of your vehicle for any potential road hazard or debris
- ◆ Ensure your vehicle is in good working condition before every trip.
- ◆ Always drive defensively. The FMCSA recommends that to drive defensively, you should keep your distance, maintain a safe speed and stay alert¹. Recognizing hazards in advance can help avoid potentially dangerous situations.

Hazard perception and anticipation is incredibly important when operating your vehicle. By increasing your situational awareness, you can help prevent accidents. As a professional driver, it is your responsibility to always be alert and be aware of any potential hazards.

1. <https://www.fmcsa.dot.gov/safety/driver-safety/cmv-driving-tips-inadequate-surveillance>

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Knowledge Check

Participant's Name: _____

Date: _____

Directions: Read each statement carefully and circle the response that best answers the question.

1. True or False: You should check your mirrors every 5-8 seconds.

A) True

B) False

2. Which does not help you recognize hazards?

A) Proper mirror adjustment

B) Scanning ahead.

C) Poor weather conditions

D) Driving defensively

Answers: 1) A, 2) D

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