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PRO-DRIVER SERIES

Driver Workbook

The Pro-Driver Training Series is the responsibility of the Safety and Security department. Please contact the corporate office if any part of this training program requires revision.

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COURSE OVERVIEW

The Pro-Driver Training Series was designed for drivers in all Company services. It will help you achieve three major goals:

- Develop a high degree of safety awareness;
- Build the knowledge and skills required for safe driving; and
- Demonstrate professionalism and concern for the safety of customers, other employees, and the public.

The course is divided into nine modules, outlined in the table below.

MODULE	TITLE	CONTENT
1	The Professional Driver	Introduces the professional attitudes and skills that the Company expects drivers to develop and use on the job.
2	Trip Inspections	Demonstrates the process for performing pre- and post-trip inspections, emphasizing the practical importance of these inspections.
3	Space Management	Outlines the key elements of managing space while driving, including scanning techniques and safe following distances.
4	Passing and Changing Lanes	Describes procedures for safe passes and lane changes on multi-lane and two-lane highways.
5	Backing Procedures	Outlines the hazards of backing a truck and describes practical methods to avoid backing collisions.
6	Intersections	Focuses on intersection hazards and driving techniques to prevent crashes at intersections.
7	Whistleblower Protection	Provides awareness of the federal whistleblower laws that protect employees who report violations of health and safety regulations by their employer.
8	Wellness and Health	Outlines practical guidelines to help commercial drivers improve their personal wellness and maintain fitness for duty.
9	CSA	Makes drivers aware of the FMCSA Compliance, Safety, Accountability (CSA) program, and how it affects their work.

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3**SPACE MANAGEMENT****LEARNING OBJECTIVES**

After completing Module 3, you will be able to:

1. Discuss the importance of proper space management when driving a truck.
2. Describe proper visual scanning techniques.
3. Explain how to make adjustments when unable to see 12–15 seconds ahead.
4. Calculate the proper following distance when traveling at 40 mph or less and when traveling faster than 40 mph.
5. Discuss techniques for managing space on the sides of the vehicle.
6. Explain methods for managing space behind the vehicle.
7. Give examples of practicing patience to maintain proper space while driving.
8. Describe procedures for managing space when it's necessary to pull off the highway.
9. Describe specific precautions to avoid roll-over and rear-end collisions.

**AGENDA**

This table lists the course activities for Module 3:

TIME	ACTIVITY
5 min.	Homework Review
5 min.	Module 3 Overview
20 min.	Video and Discussion – “Space Management”
15 min.	Group Exercise
5 min.	Module 3 Wrap-Up & Homework Assignment
10 min.	<i>Break/End of Module 3</i>
60 min.	



VIDEO – “SPACE MANAGEMENT: THE BASICS”

Video Segments

1. Intro & Visual Scanning
2. Influencing the Space Around You
3. Practicing Patience

 **Notes**

Video Segment 1 – Intro & Visual Scanning

1. Can you think of times when you felt crowded while driving? How did you react?

2. What is the purpose of managing the space around your truck?

3. What is the proper technique for visual scanning while driving?

4. What are the benefits of continual scanning?

Video Segment 2 – Influencing the Space Around You

1. How many seconds of following distance should you allow when:

Traveling 40 mph on a wet road? _____ seconds

Traveling 55 mph at night? _____ seconds

Traveling 65 mph? _____ seconds

2. What are the six conditions that dictate the size of your space cushion?

3. Can you give examples of conditions that require you to adjust your space cushion?

4. Why is it important to stay constantly aware of the space available on the sides of your truck?

5. How should you respond to a tailgating driver?

Video Segment 3 – Practicing Patience

1. What's the advantage of driving a few miles *below* the speed limit?

2. Can you give examples of what it means to *practice patience* while driving?

3. What three actions should you take if a mechanical breakdown or accident occurs?

4. Why is it important to wait for assistance if you get stuck?



GROUP EXERCISE: APPLYING THE PRINCIPLES OF SPACE MANAGEMENT

- Appoint a spokesperson for your group.
- Discuss your group’s assigned scenario. What are the potential hazards? What space management techniques could you use to avoid hazards?
- Recommend a space management strategy for this situation.
- Present your recommendation to the class.

Scenario #1

While traveling in slow-moving freeway traffic, you notice the vehicles ahead are putting on their brakes. How can you manage your space to avoid following the vehicle in front of you too closely?

Scenario #2

How can you avoid frequent stops and starts when driving in congested, stop-and-go traffic?

Scenario #3

How can you maintain a safe space cushion in front of the truck when driving in city traffic where vehicles are making frequent lane changes?

Notes



HOMEWORK: SPACE MANAGEMENT LOG

SPACE MANAGEMENT PROBLEM	MY REACTION