



CDL Safety

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The Kia Sorento drove off the road and collided with a landscaping truck.



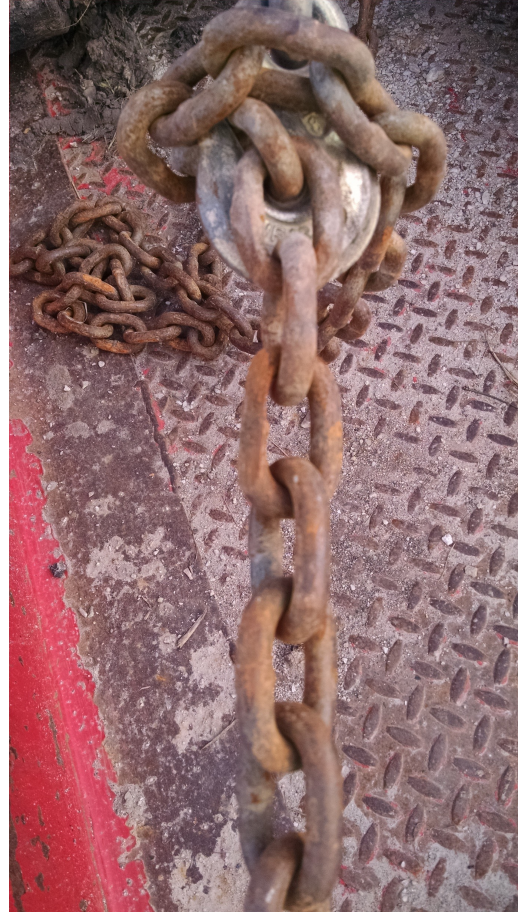
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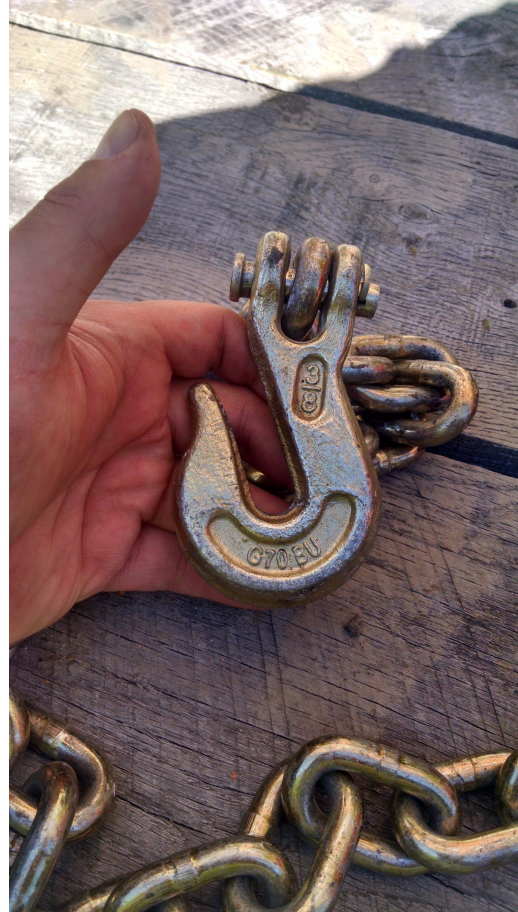
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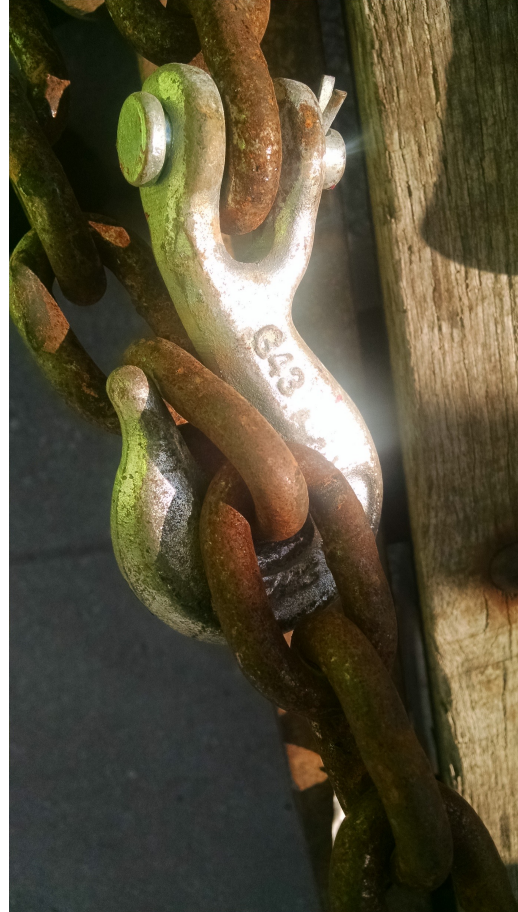
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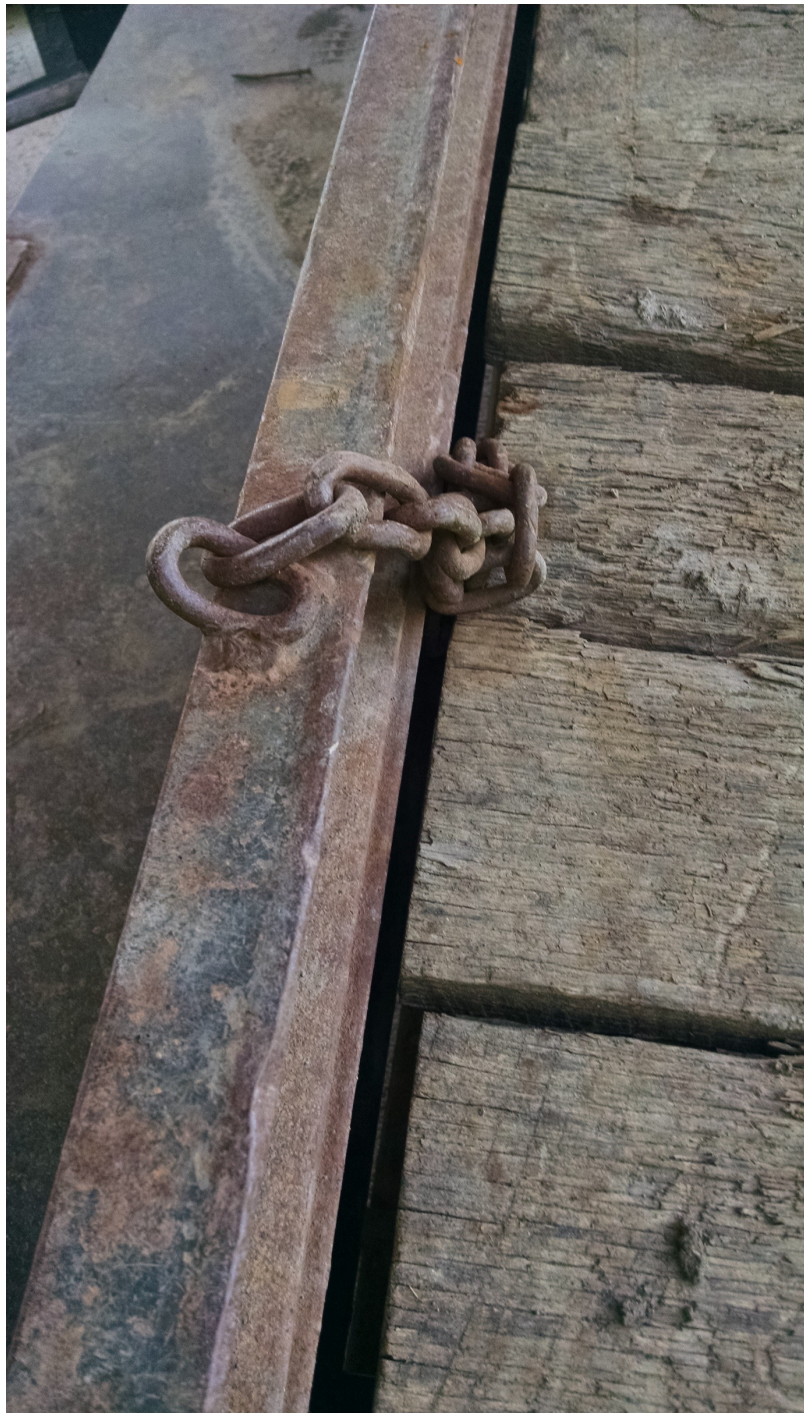
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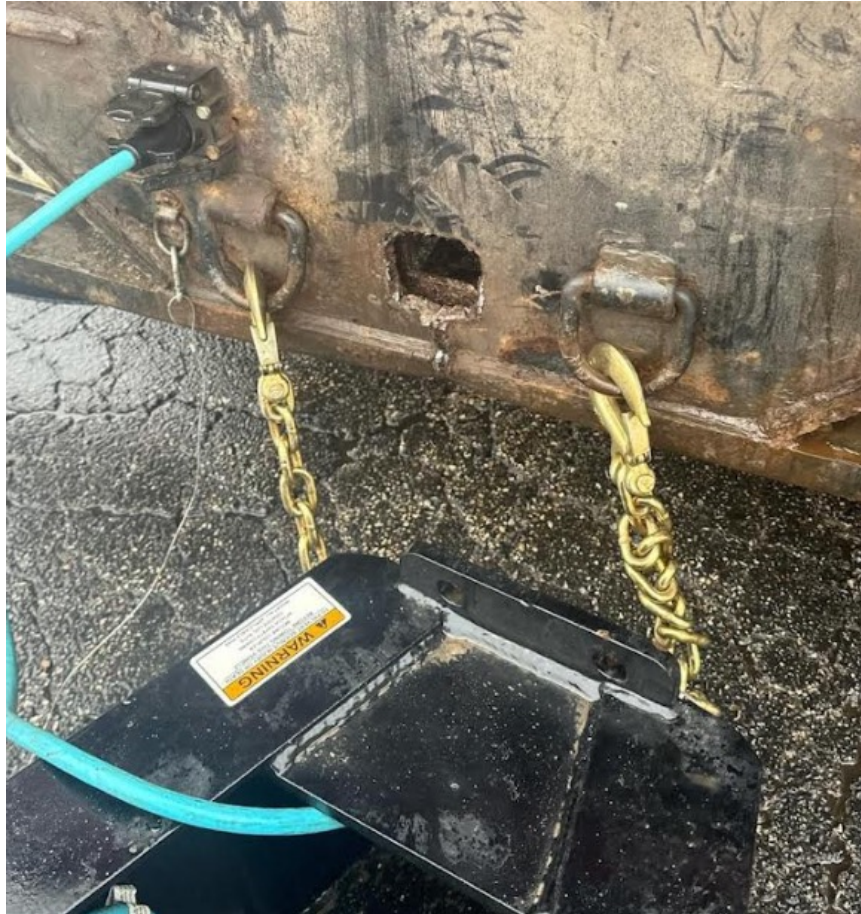


Clearance



- Birmingham AL
- the driver of the U-Haul was trying to enter the parking deck but did not have the height clearance to do so.
- The top of the truck hit the beam, which caused it to collapse. The beam came crashing down on the cab of the truck.

Criss Cross Chains – No China chain



Sleep

- 7% of all crashes
- Driver fatigue is believed to cause 100,000 police-reported crashes annually with 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses
- Individuals who sleep fewer than six hours a night on average have a 13 per cent higher mortality risk than people who sleep at least seven hours.
- U.S. sustains by far the highest economic losses up to \$411 billion a year or 2.26% GDP
- U.S. loses an equivalent of around 1.2 million working days due to insufficient sleep.



Est. Incidence Rate per
Chronobiology

Less than 5 hours – 7.89

5-6 hours – 5.21

6-7 hours – 3.62

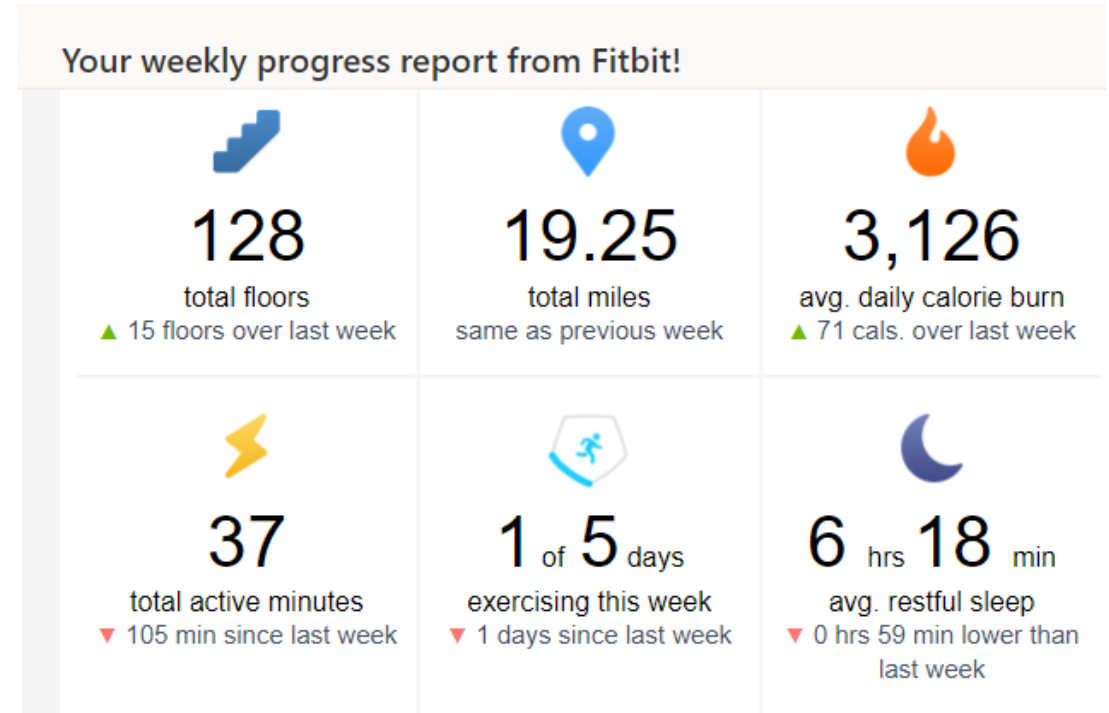
7-8 hours - 2.27

8-9 hours - 2.50

Sleep

Individuals could:

- Set consistent wake-up times;
- Limit the use of electronic items before bedtime;
- Eat 2-3 hours before bedtime
- Exercise Regular
- Sleep medication



Sleep Medications



October 2014

- Delivery Driver strikes pedestrian in center turn lane



Right turn only



Road Rage

- 45.4% was another driver angrily honking their horn.
- 38.9% other drivers signaling rude hand gestures
- 30% another driver driving while distracted with their phone.
- Attacker said other women cut her off.
- 2 years in jail.



Road Rage

- 2021 - someone has been **shot** and killed or injured in a road rage incident on average every 18 hours
- 50% of all car crashes that end in fatality



Ongoing two felony counts.

Backing up issues



Backing up Techniques

- Pull forward parking
- Think twice, look twice
- Minimize distractions – music, cell phone
- Slow 5 mph speed
- Honk if blind spots
- Reverse Camera



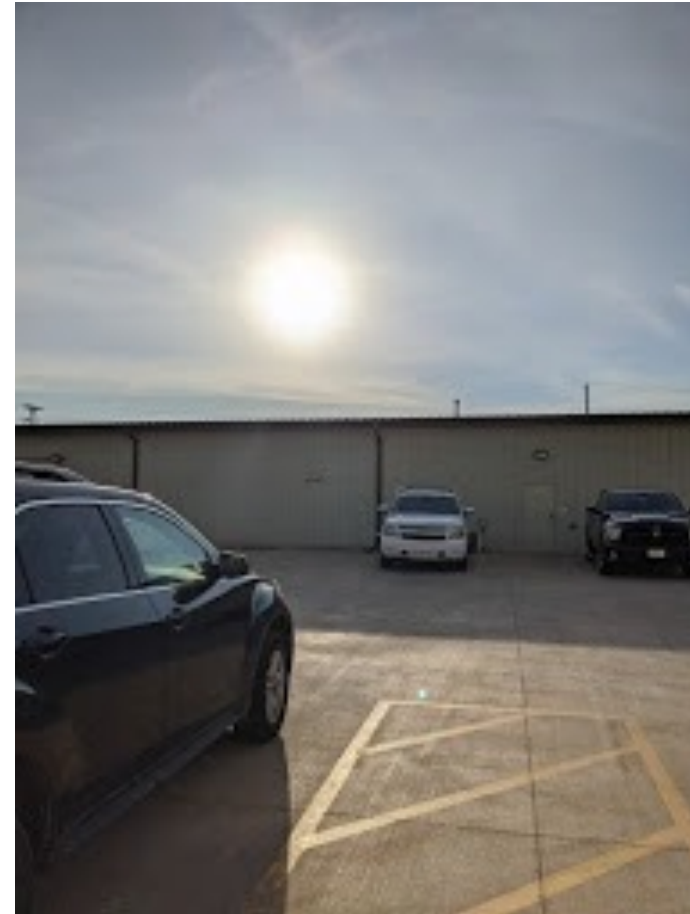
“Over driving your headlights.”

- Very common.
- When you can't stop in the distance you can see.
- Why pile ups happen in fog.



Sun

- June 18, 2021
- A Worker was hit yesterday in the parking lot by a pickup driven by another worker.
- Suggestions?



BRANDS WITH THE
WORST DRIVERS
IN THE U.S.



Driving incidents per 1,000 drivers

RAM  33

TESLA  31

SUBARU  30

VOLKSWAGEN  28

MAZDA 

BMW 

LEXUS  27

INFINITI 

Driving incidents include:

-  Accidents
-  DUIs
-  Speeding
-  Citations

Driving on Ice

- Slow down:
- Avoid sudden movements: Avoid sudden acceleration, deceleration, and sharp turns.
- Brake gently: Brake to prevent skidding, and use engine braking when possible.
- Watch for black ice:
- Keep your distance
- Lights on in day



Top Six Driver Errors

1. Failure to wear a seatbelt
2. Excessive speeding
3. Distraction/inattentiveness - eating, drinking, smoking, radio, cell phone..
4. Incorrect assumptions about other drivers
5. Tailgating/not leaving enough space between vehicles
6. Not checking traffic before pulling out or crossing lanes



Cell Phones: A Distraction Like No Other

- Talking on cell phones **increases crash risk 4x**
 - More than 100 million people are talking while driving
 - 11% of all drivers at any moment

- **Result:** 1.4 million crashes/year (25% of all crashes) are caused by cell phone use.



Inattention Blindness



What a driver in a simulator saw when not using a phone.



What the same driver saw while on a phone conversation.

Texting while Driving

- **Texting** while driving = **6 times** more likely to result in an accident than **driving while intoxicated**
- **Texting** while driving brings eyes off the road an average of **4.6 out of 6 seconds**
- At 55 MPH, one would travel the **length of a football field**, including the end zones, **without looking at the road**



Speed

- In 2019, speeding killed 9,478 people.
- 26% of all deaths
- Covid 2020, less traffic,
- People drove faster



Road Rage Calm Down

- Safe driving starts the night before with adequate sleep.
- Recognize your rising anger
- Deep Breathe.
- Hold breath 5 seconds.
- Listen to calming music.
- Count to 60.



Safe Distance

- Three-second following distance
- Recognize people will cut into the space.



Backing up

- 500,000 backing accidents of some type
- 15,000 Included some sort of injury
- 210 people are killed annually from backing accidents, mostly children under the age of 5 (31% of all fatalities).

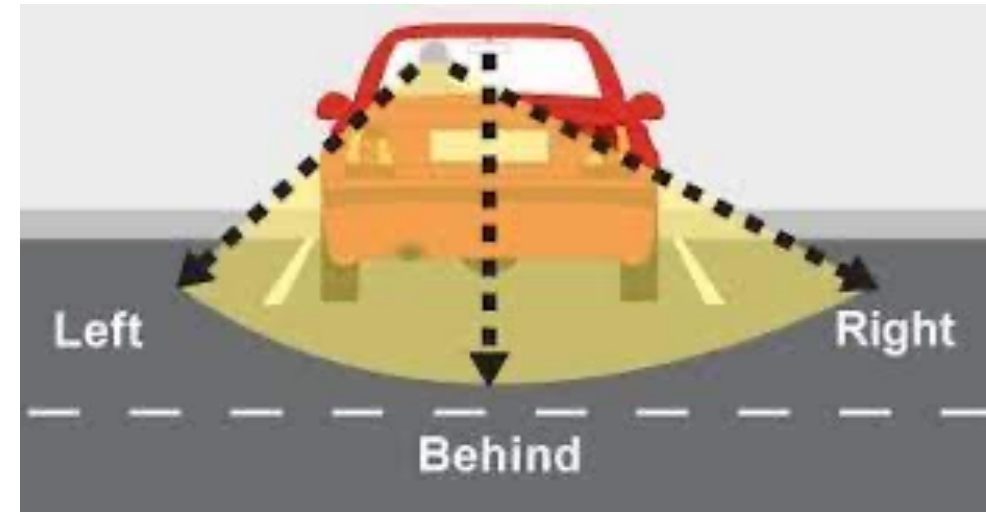


Backing up issues



Backing up Techniques

- Pull forward parking
- Think twice, look twice
- Minimize distractions – music, cell phone
- Slow 5 mph speed
- Honk if blind spots
- Reverse Camera



Top Ten States for Deer Crashes

- 1) Pennsylvania
- 2) Michigan
- 3) Illinois
- 4) Ohio
- 5) Georgia
- 6) Minnesota
- 7) Virginia
- 8) Indiana
- 9) Texas
- 10) Wisconsin



Deer Crash Photos



Avoiding Deer Crashes

- Most deer crash deaths and serious injuries occur when motorists veer to avoid hitting deer
- Improve your vision
 - Slow down in marked deer caution zones
 - Drive within the range of your headlights
 - Use of high-beam headlights when driving in deer territory will increase your vision and increase your time to react



Avoiding Deer Crashes

- Watch for Deer
 - Dusk to dawn
 - Spring and Fall
 - Near waterways
 - Near wooded areas



Avoiding Deer Crashes

- Remember.....
 - Deer are unpredictable
 - Deer travel in groups, so watch for more than one
- Don't Veer
 - Off the roadway
 - Out of control
 - Into oncoming traffic



Cab is Clean



Chock the Wheels



Fires

Fire Extinguisher

P A S S



PULL



AIM



SQUEEZE



SWEEP

Hours of Service

Property-Carrying CMV Drivers
11-Hour Driving Limit May drive a maximum of 11 hours after 10 consecutive hours off duty.
14-Hour Limit May not drive beyond the 14th consecutive hour after coming on duty, following 10 consecutive hours off duty. Off-duty time does not extend the 14-hour period.
60/70-Hour On-Duty Limit May not drive after 60/70 hours on duty in 7/8 consecutive days. A driver may restart a 7/8 consecutive day period after taking 34 or more consecutive hours off duty.
Sleeper Berth Provision Drivers using the sleeper berth provision must take at least 8 consecutive hours in the sleeper berth, plus a separate 2 consecutive hours either in the sleeper berth, off duty, or any combination of the two.

