



Professional Driver

As a parcel delivery driver or courier, a large part of your profession is driving. In that sense you are a professional driver. However, that with that title comes responsibility. First and foremost, a professional driver is a safe driver. Commit to the following every time you are behind the wheel and you will earn the distinction of being a professional driver.

BUCKLE UP

It is your last line of defense. Remember, seat belts save lives.

PREPARE FOR THE DRIVE

Adjust mirrors and instrument panel lighting and get directions or program the GPS before you hit the road.

DRIVE SAFELY

Obey speed limits and traffic signs. Excessive speed reduces your ability to avoid a crash, extends your vehicle's stopping distance and increases the severity of a crash if it occurs. Slow-down in bad weather and at construction zones.

AVOID DISTRACTIONS

Avoid distractions such as adjusting the radio, eating, personal grooming or other activities that remove your attention from the road.

BE AWARE OF OTHER DRIVERS

Never forget that far too many of the drivers sharing the road with you might be driving distracted.

NEVER TEXT OR EMAIL WHILE DRIVING

Pull off to a safe location if you must text. An in-cab driving study of commercial motor vehicle drivers by the Virginia Tech Transportation Institute indicated that the most dangerous distraction is texting. Truck drivers who texted while driving had 23 times the risk of being involved in a crash or a near-crash incident. It's best to turn off your cell phone or put it on silent mode and let calls go to voicemail while you're driving.

AVOID AGGRESSIVE DRIVING

Don't provoke or allow yourself to be provoked. If another driver is acting aggressively, don't take the bait. Simply ignore them.

ONLY SAFE/NECESSARY LANE CHANGES

Pick a lane and stay in it for as long as possible. Lane changes increase risk of an accident. When you do have to change lanes, always signal any lane change or turning movement well ahead of the event.

DON'T TAILGATE

Following too closely reduces your visibility of the road ahead and impacts your reaction time.

ALLOW PLENTY OF TIME

Allow plenty of time to reach your destination so you will be less likely to speed.

NEVER DRIVE UNDER THE INFLUENCE

And watch out for other motorists whose driving behavior suggests they may have been drinking.

GET ENOUGH SLEEP

Sleep deprivation and fatigue causes lapses in attention, slowed awareness and impaired judgment.

DON'T MULTI-TASK BEHIND THE WHEEL

Glancing away from the road for more than one second – for any reason – can be extremely dangerous. At 55 miles per hour, during a three-second glance away from the road, your vehicle will move nearly 250 feet down the road without your attention; that's almost the length of a football field.

Short glances at vehicle instruments, mirrors, installed communication devices, GPS systems or other technology can be done safely, if these scans are limited to less than one second and are related only to the driving task.