



helpunlimited

Defensive Driving

ROAD TO ZERO

GENERAL MANAGER

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Payroll

Tess X 30
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Message to Drivers

It is your responsibility as an employee of Help Unlimited to Report All Incidents & Accidents to both Help Unlimited & the Client - to whom you are assigned to within 24 hours.

Failure to comply will result in Disciplinary Action.

ATTENTION

Please make sure you hand in your time-sheets & Run Sheets in on time and they are Signed.

No Name = No Pay

No Signature = No Pay

B A C K I N G

General Guidelines:

- 1) Don't Back Up if you Don't have to
- 2) Go SLOW -- You will always have a Blind Spot
- 3) Eliminate Cab Noise and Open your Window
- 4) Use a spotter - if allowed

Before you Back Up:

- 1) Stop, Secure Vehicle
- 2) Walk Around and Check the Area
- 3) Check for Overhead Clearance
- 4) Start in Lowest Gear

Basic Backing MANEUVERS:

- 1) Straight Line Backing
- 2) Alley Dock Backing
- 3) Jackknife Parking
- 4) Parallel Parking

WHEN IN DOUBT, GET OUT OF VEHICLE AND LOOK AGAIN

ROADSIDE INSPECTIONS

Keep Important Documents like Log Book and Driver's License etc.. Up-to-date and easily accessible.

Be Professional and answer questions Honestly and Respectfully.....

Always do a Thorough "Pre-Trip Inspection" and Keep Vehicle Clean and Well Maintained...

DEFENSIVE DRIVING

Few Drivers really appreciate the impact that traffic collisions have on all of us. The following are a few Ontario Statistics that may shock you.....

- 1) Every year Collisions Kill approx: 769 People & Injure 68,793 more
- 2) Every 11 hours some-one dies in a Traffic Collision in Ontario
- 3) Every 8 Minutes some-one is injured in a Traffic Collision on Ontario Roads

The main ingredient of Defensive Driving is Attitude

Defensive Driving is a philosophy based on responsibility. It is not about the driving skills. A Defensive Driver is one who drives so as to prevent collisions inspite of the incorrect actions of others and adverse driving conditions...

12 RULES of Defensive Driving

- 1) Know the Law
- 2) Don't Drink / take Drugs & Drive
- 3) Get Enough Nutrition, Sleep and Exercise
- 4) Understand and make the most of your Vision / Hearing
- 5) Adopt the Right Attitude.... The Defensive Attitude
- 6) If you Don't Understand If Get Training
- 7) Know that your Vehicle is Roadworthy
- 8) Remember the Physics that effect your Vehicle
Weight + Speed = Longer Stopping Distances
Weight + Speed + Curve = Centrifugal Force (Roll Over)
- 9) Respect the Environment
- 10) Understand and Heed all Traffics Signs & Signals
- 11) Basic Collision Avoidance Stay Right .
- 12) Always be Prepared to YEILD THE RIGHT-OF WAY

DRIVERS PLEASE BE PROFESSIONAL AND DRIVE SAFELY @ ALL TIMES !

We Help / We Listen / We Care !!!