



Summer Truck Driving Tips 2.0

With summer approaching, temperatures around the country and the amount of pedestrians on the road have slowing begun to rise. A lot of attention is paid to how truck drivers should drive in the winter, but there are also plenty of dangers in summer driving that probably do not get enough attention. These increases require a lot of attention & a different set of safe driving practices from drivers.

- **Be Aware of the Weather** – Summer can bring severe weather, such as storms and floods. In addition, the weather can change very quickly. Make sure to be aware of the weather and what could be coming to the area. This way you are never caught off guard and can change your route if needed.
- **Stay Hydrated** – It is easy to forget to drink water while on the road, but it is extremely important in order to stay properly hydrated - particularly during the hottest months of the year.
 - Keeping a couple of bottles of water next to you while you are driving will serve as a constant reminder and make it practical for you to drink water throughout the day.
- **Do a "walk around" before leaving (DC, Domicile, Truck Stops, & Deliveries)** - Check your vehicle's tires, wipers, brakes, fluids and any other changes to your tractor and/or trailer.
 - **Keep Tires Properly Inflated** – Tire blowouts are not uncommon in the extreme heat. Under-inflated tires can increase the risk of having a blowout. Be sure that tires are properly inflated before heading out on a run.
 - **Check the Brakes** – Summer's hot temperatures can lead to brake fading or the loss of friction when brake components can't absorb any additional heat.
- **Be Aware of Crowded Roads** - Roads tend to be a lot more crowded during the summer months with families taking vacations and a lot more people having time off work. Heavy traffic volume presents more dangers for truck drivers, so you want to be extra alert and aware of other vehicles on the road.
- **Use Caution in Work Zones** – More roadwork is done in the summer months than during any other time. It is always important to be careful in a work zone because of the danger of potentially hitting a worker. In addition, fines for speeding and other violations are often doubled or tripled in a work zone.
- **Protect Yourself from the Sun** - Spending several hours a day driving means you will have a lot of sun exposure. Do not forget to follow sun safety tips like wearing sunglasses, sunscreen and/or wearing long sleeves.

Focus - On your surroundings, the tractor/trailer, and protecting yourself.

Anticipate and Adjust – Drink more water, Wear proper protection, and anticipate extra cars on the road.

Correct – Know the warning signs of heat related issues such as; dehydrated, tire pressure, sunburn, etc.

Talk - Plan ahead, know your route, and carry supplies to keep yourself safe and hydrated.