

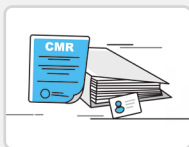


## The truck driver's safety card

As a professional driver, you are performing a role that is essential for the economy and society. You are an ambassador for your company and our profession.



**Check the condition of your vehicle**



**Check the vehicle and transport documents**



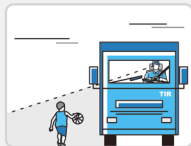
**Secure your load properly**



**Fasten your seat belt**



**Respect speed limits**



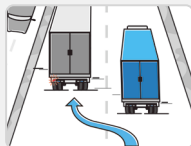
**Beware the blind spot**



**Respect intersection rules**



**Don't drink and drive**



**Change lanes safely**



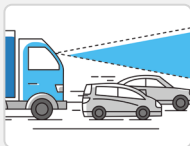
**Keep a safe distance**



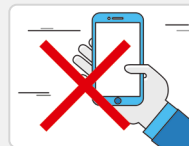
**Adapt your driving to weather conditions**



**Park only where permitted and in a secure area**



**Anticipate upcoming traffic problems**



**Don't use your handheld mobile phone while driving**



**Respect driving and rest times**



**Rest when you feel tired**

This checklist is provided to you by the **IRU Academy**, the training arm of the **International Road Transport Union (IRU)**.

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