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).

See our training programmes on www.iru.org/academy