

June 24, 2016

- Always maintain a safe distance between your vehicle and the vehicle ahead of you. The best method for determining a safe following distance is to follow the “**Six-Second Rule**” in normal highway driving conditions.

****This distance must be increased for “adverse weather conditions, poor road conditions, vehicle/cargo circumstances or if you are fatigued.”**

- When the vehicle ahead passes an object, such as, a tar strip or shadow on the road; start counting *1001, 1002, 1003, 1004, 1005, 1006*—*If you cross the spot on the road before 1006, you are following too close.*
- In rush-hour traffic, it is recommended by professional drivers to drive 3-5 mph slower than the flow of traffic. This practice allows other vehicles to pull away from you, increasing the following distance. It is impossible and certainly unsafe to keep other vehicles out of your lane. Driving a bit slower is the best technique to practice in your goal of protecting other motorists.
- Following other vehicles too close, called tail-gating, endangers other motorists and is **not acceptable**. ***Violations of this policy and becoming involved in preventable rear-end crashes will result in disciplinary action against you, including termination of employment, if necessary.***
- We expect our drivers to keep a safe following distance between other company vehicles and not run in close following convoys.
- **If you are too tired to drive, we require you to pull off the road immediately and get some rest in a safe area.**
- **Please drive as if your family was in the vehicle ahead of you! It is your responsibility to “protect” other motorists on our highways.**

I, _____, understand this policy and agree to protect other motorists.
Full Name

Signature

Date