







# April 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOURS OF SERVICE BASIC	UNSAFE DRIVING BASIC	FATIGUED DRIVING BASIC	DRIVER FITNESS BASIC	CARGO-RELATED BASIC	VEHICLE MAINTENANCE BASIC	1 CONTROLLED SUBSTANCES/ALCOHOL BASIC
2 WHERE IS YOUR ON-BOARD RECORDING DEVICE INSTRUCTIONS?	3 SPEEDING "DON'T Do It " CAN LEAD TO A ROADSIDE INSPECTION	4 STAY ALERT! 	5 VERIFY THE EXPIRATION DATE OF YOUR CDL	6 DO YOU HAVE ENOUGH SECUREMENT DEVICES?	7 PERFORM THOROUGH PRE/POST INSPECTIONS	8 ROADSIDE DRUG AND ALCOHOL VIOLATIONS
9 AVOID LANE RESTRICTION	10 <u>MUST</u> HAVE A BLANK LOG BOOK IN YOUR TRUCK 	11 DON'T DRIVE IF YOU ARE FATIGUED GET YOUR REST.	12 DO YOU HAVE YOUR DOT PHYSICAL WITH YOU?	13 CHECK YOUR LOAD EACH TIME YOU STOP.	14 CHECK ALL BRAKES AND LIGHTS	15 RECORD ALL DEFECTS ON YOUR DVIR THEN <u>CALL</u> MAINTENANCE
16 	17 SIGNAL WHEN MAKING ALL LANE CHANGES	18 PRESCRIPTION DRUGS CAN CAUSE FATIGUE	19 CHECK YOUR LOAD WITHIN THE FIRST 50 MILES OF TRAVEL	20 CHECK ANNUAL INSPECTION DATE 	21 HAVE YOU INSPECTED ALL TIRES?	22 KEEP YOUR TRUCK CLEAN "DON'T LITTER" 
23/30 	24 GET THE BIG PICTURE	25 AIM HIGH IN STEERING	26 KEEP YOUR EYES MOVING	27 MAKE SURE THEY SEE YOU	28 LEAVE YOURSELF AN OUT	29 <u>HOURS OF SERVICE</u> 11 HOUR DRIVING MAX 14 HOUR DUTY MAX 70 HOUR IN 8 DAY