



Defensive Driving Program

Scope While there are no regulatory requirements that mandate the existence of a defensive driving program, it makes excellent business sense to have such guidance in place. Underlying the guidance is our Eastside Bulk Transport LLC strong commitment to safety on the highways. While operating company vehicles, drivers should always drive in the safest and most professional manner possible. The likelihood of incidents will be minimized, and a positive image for the company will be promoted in the eyes of the general public. **Specifically, our commercial motor vehicle (CMV) drivers must operate company vehicles in accordance with all provisions of CFR 49, Part 392 - Driving of Motor Vehicles of the Federal Motor Carrier Safety Regulations(FMCSRs).**

Many factors impact the operation of vehicles on the roadways, including

- a) Light levels,
- b) Weather,
- c) Pavement condition,
- d) Traffic conditions,
- e) Mechanical condition,
- f) Operator condition. A successful defensive driver exhibits five main qualities: a. Extensive knowledge b. Alertness c. Good judgment

Foresight e. And Driving Skill. The core concepts of defensive driving are: • Recognize the hazard • Understand the defense • Act in time If these principles are followed carefully, the results will be improved safety on the highways and a positive image for our company. Driving Guidance Requirements of Drivers All operators/drivers of company vehicles, or vehicles leased / rented by our company for company activities, should be required to: a) Have in their possession a valid, state of residence, issued drivers license b) Be knowledgeable of Defensive Driving c) Know the operations for type vehicle being operated d) Inspect vehicle for defects before operating e) Report any incident involving vehicle during operations f) Be courteous at all times Principles of good driving include emphasis on the following elements: a) Good vision, b) Alertness, c) Sound judgment, and d) Good Defensive Driving Training a) Departments should require 20% of ALL employees each year to obtain the training, giving our company a 5 year window to complete training. b) CBT Initial training should be required of all new hires within 3 months of their beginning work dates, c) Employees who operate vehicles on company business should be trained initially and retrained every five years, or as program is enhanced or methods and/or guidance has changed, d) Driver/operators who are involved in a preventable or non-preventable vehicle accident should attend a classroom, instructor led program (or as directed by your management). e) A SECOND Preventable vehicle accident in the 5 year time frame should be required to attend an instructor led, driver evaluation program.

Defensive Driving Procedures

Backing is an extremely hazardous maneuver. If you are backing with the assistance of another person as a guide, the ultimate responsibility for the safety of the backing maneuver remains with you as the driver. All backing accidents are normally considered "Preventable". Avoid backing where possible and BACK ONLY if you have no other choice. It is always better to back into a space when you first arrive at your destination than to back out just prior to you leaving.

Being Passed As a driver, you must be aware of the actions of other drivers, and give way if another driver begins to sideswipe you or to cut you off. A good defensive driver will avoid problems with this kind of accident situation.

Curves and Turns The biggest thing to remember in successfully negotiating curves and turns is to slow down. That way you will be able to make any needed adjustments in steering, etc. as required.

Driving Speed

You should drive consistent with posted speed limits, with due regard given to existing traffic, weather, and highway conditions.

Never overdrive your headlights at night.

That means you should be able to stop safely in the distance you can see clearly in your headlights.

Encroaching on Other Traffic

Lanes Observant defensive drivers will not usually get trapped when other drivers change lanes abruptly. In the same manner, entrapment in merging traffic can be successfully avoided by a good defensive driver with a little preplanning and willingness to yield. Blind spots are not valid excuses for this kind of accident - allowances must be made in areas of limited sight distance. Always use your turn signal indicators to show other drivers your intentions of movement. **Extreme Weather and Road Conditions** Bad weather and other road hazards place special stress upon any defensive driver. The best rule in any kind of bad weather or extreme road condition is get off the road safely and as soon as possible. If you absolutely must continue, slowing way down and increasing following distance are your best defenses, along with increased awareness. All Our company drivers will be educated on the dangers of, and the company's expectations for, driving in the following extreme weather and road conditions. A Our company expectation that applies to all of the situations described below is that you (as a driver) are required to contact your immediate supervisor or night dispatch in the event a delay caused by weather or other road conditions will affect schedules.

Fog reduces available visibility and impairs distance perception,

making it perhaps the most dangerous type of extreme weather condition. Because of this, it is Our company's policy that, whenever possible, drivers are to avoid driving in foggy conditions. Pull off the road and park safely until such time as the fog dissipates or is burned off, if at all possible. If you cannot safely pull off the road, follow these procedures: a) You should never assume the depth or

thickness of any fog. Fog can range from a momentary blurring of the windshield to being several miles thick. b) Slow your vehicle's speed. Reduction in speed should be done gradually in order to avoid becoming a hazard for other motorists. Determining a correct and safe speed depends on the thickness of the fog and is left to your best judgment.

Use low-beam headlights only when driving in fog. Low-beams serve two purposes. They help you see the immediate roadway and also allow other motorists to see your vehicle.

Avoid the use of high-beam headlights while driving in fog. The water particles that make up fog will reflect more light back at you than onto the roadway when high beams are used, and will further reduce visibility for you. e) You should make use of windshield wipers and the defroster when driving in fog. Driving in foggy conditions will cause a constant fine mist of water to develop on the vehicle's windshield, reducing visibility in the process.

Rain

Rain causes roadways to become slippery, especially when it first begins. Roadways become covered with a thin layer of oil and other residues. When rain mixes with this layer, it results in an extremely slippery and dangerous road surface. This condition remains until additional rain can break down and wash away the oily mixture from the pavement. This process can take anywhere from a few minutes to several hours, depending on the severity of the rain. Water on the road surface can also create a potential hazard of hydroplaning. Hydroplaning happens when a thin layer of water separates the vehicle's tires from the road surface. When a vehicle is hydroplaning, it is literally riding on water. When the tires ride on water, they lose all traction and create an extremely dangerous situation. The faster a vehicle travels on standing water, the greater the chance of hydroplaning. Reducing speed is the best and safest way to avoid hydroplaning.

Snow

Snow, depending on the type and severity, can present a variety of dangerous conditions. Because of this, the following procedures have been developed for this defensive driving policy: a) Light, powdery snow presents few problems since it is quickly blown off the road surface. However if there is enough of this type of snow to cover the roadway, it will form a slick, smooth surface. You should reduce

speed and increase following distance. Determining the correct speed and safe following distance will be left to your best judgment. b) Heavier, slushy snow can affect vehicle control. If snow becomes hard packed it can cause an ice hazard on the road surface. Again, you should reduce speed and increase following distance. Determining the correct speed and safe following distance will be left to your best judgment. c) All slow maneuvers such as starting out, steering, backing, and turning should be done smoothly and with extreme care to minimize skids and slides. d) Falling or blowing snow can greatly reduce visibility. In addition, falling and blowing snow can make it hard to see the road, road markings, road signs, and off ramps. If you must continue in snowy conditions, reducing speed and increasing following distance are the best techniques a driver can use to maintain vehicle control. e) As with driving in foggy conditions, the use of high beam headlights while driving in snowy conditions should be avoided at all times. The high-beam "shooting" light will reflect off falling and blowing snow and reflect back at you, further reducing visibility. f) Our company drivers will also be educated on the dangers of "snow hypnosis". Snow hypnosis occurs when a driver is traveling directly into heavy snow and begins to focus on the falling snow instead of the road ahead. This can cause a hypnotic-like effect on the driver. The danger of snow hypnosis is especially prevalent at night. g) In extreme conditions, chains may be necessary. Ice All Our company drivers need to be aware of changes in road surface conditions that may affect the vehicle's traction. To help our drivers. Our company has developed the following procedures for driving on icy roads for this defensive driving policy: a) As with all extreme weather conditions, if you must continue, the safest techniques to employ are to reduce speed and increase your following distance. But of these two, increasing following distance is by far the most important. Depending on the temperature and road conditions, stopping distance (distance needed to come to a complete stop) on icy roads can increase four to ten times versus stopping from the same speed on a dry road. 10 b) Black ice forms when temperatures drop rapidly and any moisture on the road surface freezes into a smooth, almost transparent layer of ice. What makes black ice particularly dangerous is that you may not realize you are on it until it's too late. Determining the correct speed and safe following distance will be left to your best judgment. c) Bridges and overpasses are other areas to which you should give special attention. Ice will tend to form first on bridges and overpasses because cold air circulates both above and below these structures causing the temperature to drop more rapidly than on normal roads. Any

moisture on the road surface of a bridge or overpass will freeze quicker and harder than elsewhere on the road. Extreme caution and a reduction in speed should be used by all Our company drivers while traveling over bridges and overpasses.

Fixed Objects and Special Intersections

A good defensive driver will observe items in the area around the vehicle that might cause problems. Checking to be certain there is adequate clearance is the primary thing to watch. In the areas of driveways, alleyways, or plant entrances, the effective defensive driver will analyze the situation carefully, slow down, sound a warning when appropriate, and be ready to yield to the other driver involved.

Following Distance Tailgating

is probably the single most common complaint lodged by the general driving public against drivers, especially commercial truck drivers. Here are some specific following distance guidelines used in most defensive driving programs: a) use a 3-second interval at speeds up to 40 mph; b) use a 4-second interval at any speed over 44 mph; c) add extra time in bad weather or poor road conditions; and d) add extra following distance if you are being tailgated. Front-End Collisions The primary way to avoid front-end collisions is by maintaining a safe and adequate following distance. You should be prepared for possible obstructions on the roadway, either in plain sight or hidden by curves or the crests of hills. A special situation occurs at night, when speed should be kept to a level that will allow you to stop within the distance illuminated by the headlights of your vehicle.

Intersections Getting into and out of intersections without an incident is a mark of a good defensive driver. Besides your own skill level, intersections also demand anticipation of the actions of other drivers and taking appropriate evasive action as required. 11 Meeting Other Vehicles Keep to the right when meeting other vehicles on a roadway. If a vehicle approaches on your side of the road, slow down and pull to the right as far as you safely can. If you have to take this kind of evasive action, and have actually gone off the highway onto the shoulder, be certain you slow the vehicle down sufficiently before you attempt to come back onto the highway. Never pull to the left to avoid an oncoming vehicle. When merging onto a highway Our company drivers are expected to: a) Signal early, b) Be patient and watch for an opening, c) Build speed and merge smoothly, and d)

Check mirrors constantly. When exiting a highway, **our company drivers are expected to: a) Signal and change into the right-hand lane early and safely; b) Signal intentions to exit early; c) Check mirrors constantly; d) Reduce speed and exit.**

Oncoming Traffic

A defensive driver will avoid a collision with an oncoming vehicle at all costs. Even if the vehicle enters your lane of traffic, an accident can be avoided with some evasive maneuvers

Passing

Failure to pass safely indicates faulty judgment on your part as a defensive driver, and failure to consider one or more of the factors that need to be checked: a) Is there enough room ahead? b) Is there adequate space to move back into your lane of traffic after passing? c) Have you signaled your intentions? Pedestrians As a sensible defensive driver, always assume that if there is a pedestrian (or small vehicle of some sort) involved in a situation, slowing down is your best defense. Be certain to give people and small vehicles the benefit of the doubt.

Personal Appearance

Personal cleanliness and appropriate dress code is also important.

Physical and Mental Condition

The company expects its drivers to manage their physical and mental condition well. That especially means keeping a positive attitude when behind the wheel, and taking good care of their physical health. Fatigue is an especially dangerous factor to be aware of.

Radar Detectors Radar detectors are forbidden on Eastside Bulks vehicles.

For commercial Motor Vehicles (CMV's), under a rule, FMCSR, CFR 49 Part 392.71 that went into effect January 20, 1994, drivers are prohibited from operating a commercial vehicle if it is equipped with or contains any radar detector. Our company Corporation shall not permit a driver to violate the restriction. A "radar detector" is defined in FMCSR CFR 49 Part 390.5 as any device that will detect radio microwaves, laser beams, or any other future speed-measuring technology that law enforcement officers may use to enforce speed limits. Radar detectors

are prohibited in the driver's compartment, regardless of whether they are plugged in or not. Railroad Grade Crossings Driving across railroad crossings, or in areas where there are rail vehicles of some sort, demands special care. Careful observance of the traffic situation is your best defense. NEVER Stop on tracks or go around crossing arms.

Rear-End Collisions

As a driver, you risk being struck from behind if you do not maintain an adequate margin of safety in your own following distance. If enough space is not allowed in front of your vehicle, chances go way up that somebody can (and will) impact you from the rear. The best practice in stopping behind a vehicle is having space that you can see the bottom of the other vehicles tires and the road it is in contact with. This will also include STOP lines at intersections. Right of Way As a defensive driver, you should never attempt to exercise the right of way principle. Let the other driver go first. Keep to the right except to pass, or when getting into position to turn left. In town, when you enter a main thoroughfare from a side street, alley, driveway, or a highway ramp, make a full stop at any crosswalk, then another full stop before moving into traffic.

Work Zones

Our company realizes that chances are good that from time to time our drivers will be faced with having to drive on roadways that are being repaired or under construction. Road construction presents several hazards. Because of this, our drivers are expected to approach ALL road construction work zones the same way they would any adverse driving situation and follow these procedures: a) You should reduce speed and maintain a safe following distance. b) You should drive at or under all special or reduced posted speed limits while traveling through road construction work zones. Safe following 15 distance will be left to your best judgment. c) You should be constantly aware of your immediate surroundings, anticipate the possible actions of other motorists, and expect sudden stops. d) You should watch for construction workers, utility workers, law enforcement, emergency personnel, or vehicles crossing the roadway. e) You should use the lane furthest from a work zone when possible. f) You should avoid sudden lane changes and use headlights and four-way flashers when traveling through construction zones. Road Hazards Our company drivers should be aware of the

potential danger of encountering various types of road hazards including: a) Soft shoulders or severe pavement drop-offs that can cause rollover type incidents. b) Road debris such as tire recaps, metal, or lumber can cause severe damage to tires, tire rims, electrical systems, and brake lines. You should be aware of the road ahead to identify potential road debris early and take safe and appropriate avoidance maneuvers. Road

Rage/Aggressive Driving

Our company Corporation realizes that aggressive driving has become a serious problem on our roadways. What is aggressive driving? Most of us know it when we see it and after discussions with law enforcement and the judiciary, defines aggressive driving as occurring when "an individual commits a combination of moving traffic offenses so as to endanger other persons or property." The following are common manifestations of road rage or aggressive driving: a. Generally aggressive driving, including sudden acceleration, braking, and close tailgating. b. Cutting others off in a lane, or deliberately preventing someone from merging. c. Sounding the vehicle's horn or flashing lights excessively. d. Rude gestures (such as the finger wave). e. Shouting verbal abuse or threats. f. Intentionally causing a collision between vehicles. g. Getting out of the car to attempt to start a confrontation, including striking someone else's vehicle with an object. h. Threatening to use or using a firearm or other deadly weapon. i. Throwing objects from a moving vehicle with the intent of damaging other vehicles. 16 When Confronted with Aggressive Drivers Get Out of the Way. First and foremost make every attempt to get out of their way. a. Put Your Pride Aside. Do not challenge them by speeding up or attempting to hold-your-own in your travel lane. b. Avoid Eye Contact. Eye contact can sometimes enrage an aggressive driver. c. Gestures. Ignore gestures and refuse to return them. d. Report Serious Aggressive Driving. You or a passenger may call the police. But, if you use a cell phone, pull over to a safe location

Turning

Turning, like passing, is a dangerous maneuver, and demands special care and an observant eye from you as a defensive driver. You should be aware of other vehicles in your path, and of the complete configuration of the turn you are about

to undertake. Underpasses Hitting a bridge, underpass, or viaduct is a danger you should be constantly aware of. This type of accident, often referred to as "topping" a trailer, is always preventable. Our company drivers need to be aware that the posted height of an underpass is not always accurate. Re-paving and packed snow can reduce the clearance of an overpass enough to cause a problem. In addition, an empty trailer will ride higher than when it is loaded. You should make thorough trip plans. When in doubt of the clearance of an underpass, you should get out of your vehicle and make a visual inspection or find an alternate route. Safety Guideline –

Driver Distraction

Our company's safety vision of a zero injury culture requires a commitment to identify and reduce the exposures that create a risk for injuries. Devoting our full attention to operating a vehicle safely is every employee's and contractor's responsibility, especially during changing conditions. We should understand what potential driving distractions are and take action to prevent or limit them. It's also important to know laws regarding safe driving, including cell phone use and other restrictions. This guideline provides recommendations for addressing and reducing distractions while operating a vehicle on company business. It also applies to the personal use of company-provided equipment while operating a vehicle. Business units and corporate groups are expected to consider and proactively address these recommendations for cell phone use and other driving distractions in their safe work practices