

Seeing Obeying Spacing

S.O.S.® System is the M.O.S.T.® System
Program for Defensive Driving

Seeing Obeying Spacing

- ◆ Scan from top of your triangle over to the left in a sweeping motion.
 - ◆ While scanning to the left, check your mirrors.
 - ◆ Sweep your eyes back toward the peak of your triangle. Scan your mirrors every six seconds.
 - ◆ Scan your eyes from peak of your triangle and to your right.
 - ◆ While scanning, check your right mirror.
 - ◆ Sweep your eyes back out to the peak position and repeat the process.
 - ◆ While scanning the triangle, you want to check for vehicles, intersections, side streets, and pedestrians.
 - ◆ Remember: far, near, side to side, rear - Total Awareness
- FACT:**
It's a very simple idea. If the right methods are used, bad habits that could contribute to accidents are eliminated.
- ◆ Perform a pre-trip inspection to ensure your vehicle is in proper working order.
 - ◆ Use the three-point contact method when entering and exiting the vehicle.
 - ◆ Set your mirrors so you can see the side and rear of your vehicle
 - ◆ Buckle your safety belt
 - ◆ Obey all traffic signs and signals.
 - ◆ Properly use signals, lights, and horn.
 - ◆ Follow all traffic laws.
 - ◆ Obey the speed limit.
 - ◆ Reduce speed when dangerous conditions exist: snow, rain, ice, fog, etc.
 - ◆ Avoid distractions: cell phone use, eating, reading, etc.
 - ◆ Never drink or use drugs while driving. Even prescription medication can impair one's driving abilities.
 - ◆ Maintain total control of your vehicle at all times.
- ◆ Pick out a road sign or a bridge in the distance.
 - ◆ When the rear of the vehicle ahead of you passes the point you picked out, then start counting: one thousand one, one thousand two, one thousand three, one thousand four.
 - ◆ At the count of four, you have a safe following distance and space cushion of four seconds between your vehicle and the vehicle in front of you..
 - ◆ A car needs to maintain a minimum of three seconds following distance under normal conditions.
 - ◆ A truck needs to maintain a minimum of four seconds following distance under normal conditions.
 - ◆ Add one second for conditions that may require additional stopping time, such as driving in rain, fog, ice, etc.

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M.O.S.T.®

for Trucking

Method Oriented Safety Thinking

Q.
A.

What Causes Accidents?

Most of us would answer carelessness and not thinking.

Q.
A.

How Do We Eliminate Accidents?

We eliminate accidents by using the right method for every job and focusing safety thinking on our actions. When we do a job the right way, we are working the safe way.

Q.
A.

What Is The M.O.S.T.® System?

The Method Oriented Safety Thinking (M.O.S.T.®) System is a behavioral approach to safety that combines the two simple ideas of being method oriented in our actions and applying safety thinking at all times. The M.O.S.T.® System becomes a way of life, motivating us to be safe at work as well. as at home.



Q.
A.

What will the M.O.S.T.® System do for you?

The M.O.S.T.® System will prevent 90% of our accidents and injuries. How we think affects how we work and live. If we take personal responsibility for thinking safety and always using the right methods, then we can ensure ourselves a long, injury free life.

Take Self-Responsibility For Safety!!

Using the correct methods and thinking safety are important ways to prevent accidents. If we think about how we are doing our jobs, we are less likely to take careless short cuts. Short cuts are quick routes to injuries. They lead to strains, slips and falls, cuts, and general dangerous living.



Dropping Trailers

- ◆ Make sure the area in which you are dropping the trailer is level and will support the weight of the load.
- ◆ Set the trailer brakes and chock the trailer.
- ◆ If trailer is empty, lower the landing gear until it comes in firm contact with the ground.
- ◆ If trailer is loaded, lower the landing gear until it contacts the ground, then wind the dolly handle 1 to 2 more revolutions.
- ◆ Empty the airbags and gently pull out from under trailer.
- ◆ If the trailer is dropped too high, do not deflate the air bags before backing under
- ◆ Check to make sure the fifth wheel is high enough to latch, if not, place wooden chocks under the rear tires and back
- ◆ Avoid winding down the landing gear manually if possible

Pulling Fifth Wheel & Tandem Pins

- ◆ Make sure equipment is on level ground and brakes are set
- ◆ Position feet apart to ensure stability
- ◆ Bend at waist and knees, reach and grab the fifth wheel handle with one hand, use the other for support on the tractor tire
- ◆ If using a pin puller, hold puller with both hands and use a smooth motion to pull
- ◆ If fifth wheel does not release easily — **DO NOT CONTINUE TO PULL ON THE HANDLE**
- ◆ Determine reason the fifth wheel is not releasing correctly and check the pressure on the king pin
- ◆ Contact your supervisor or the shop if it does not release.
- ◆ Always make sure Slider Pins are locked in the rail holes before moving a trailer



Preventing Slips and Falls

- ◆ Use 3-Point Contact—this forms a triangle of anchor points giving you the most stability
- ◆ Never jump down from your vehicle
- ◆ Use available hand holds and footholds. If missing or broken, repair immediately.
- ◆ When exiting, do not release your grip with your hands until your foot is firmly on the ground.
- ◆ Do not hold items in your hands while entering or exiting the cab that may make it difficult to have 3 Point Contact. Make two trips if necessary.
- ◆ Think, evaluate and act while walking
- ◆ Avoid climbing on materials that may be in or around your truck
- ◆ Watch for items in the trailer that may have shifted and could create a tripping hazard while lying on the floor of the trailer
- ◆ Keep your eyes on your walking path to identify any hazards such as holes or slippery surface
- ◆ Remove tripping hazards such as maintenance shop grease or cords on the floor
- ◆ Wear proper footwear for the job
- ◆ Keep your workspace clean



Load Securement

- ◆ Inspect all equipment before use—don't use bent, worn or damaged equipment. Make sure all nuts, bolts and pins are tightly secured.
- ◆ Maintain secure footing while loading
- ◆ Evenly distribute and properly secure your cargo using proper truck tie downs
- ◆ Always bend at the knees when picking up a tarp
- ◆ Never throw the hook end of a strap. Roll your strap so you throw the excess.
- ◆ Make sure there are no knots or kinks—apply a straight line
- ◆ Check your load periodically for securement, especially on long trips