



Defensive Driving Checklist

Label	
Driver	
<input checked="" type="checkbox"/>	Driver is well rested, good health, & no physical restrictions
<input checked="" type="checkbox"/>	Driver is mentally prepared, thinking only of work & job at hand
<input checked="" type="checkbox"/>	Driver is fit for duty –drug & alcohol free, prescription drugs will not affect driving
<input checked="" type="checkbox"/>	Driver is properly dresses & has safety equipment –glasses, gloves, & hardhat
<input checked="" type="checkbox"/>	Adequate time has been planned for sage & on-time delivery
<input checked="" type="checkbox"/>	Driver will take a stretch break every 100 miles or after two hours of driving
<input checked="" type="checkbox"/>	Driver has had defensive driver training within the past 3 years
Vehicle	
<input checked="" type="checkbox"/>	Vehicle has been inspected
<input checked="" type="checkbox"/>	The inspection has been documented
<input checked="" type="checkbox"/>	Log books on hand if needed
<input checked="" type="checkbox"/>	The load has been checked & secured –does not obstruct driver view
<input checked="" type="checkbox"/>	The seat & mirrors have been adjusted before departure
<input checked="" type="checkbox"/>	The vehicle's cab is free of litter & loose items
<input checked="" type="checkbox"/>	Fire extinguisher has been inspected & secured properly
<input checked="" type="checkbox"/>	The accident report kit & emergency numbers are in the glove box
Road/Route	
<input checked="" type="checkbox"/>	Road Conditions have been checked –two lane road, interstate, county roads
<input checked="" type="checkbox"/>	Weather conditions have been checked –rain, ice, snow, fog
<input checked="" type="checkbox"/>	Best & safest route made to make a timely delivery –reduced speed zones noted (school zones, construction zones, churches)