

DRIVERS, ARE YOU GETTING ALL THE REST YOU NEED BEFORE GETTING BEHIND YOUR VEHICLE'S STEERING WHEEL?

IF NOT, YOU'RE DRIVING DANGEROUSLY!

SAFETY REMINDERS FOR DRIVERS ...

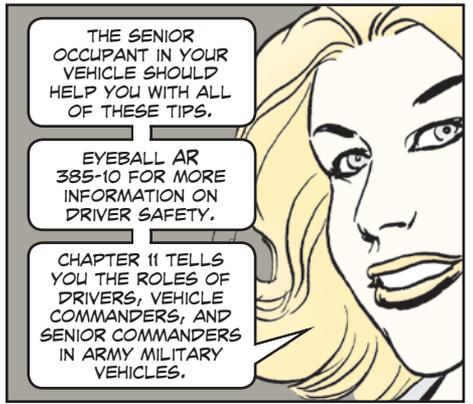


WHETHER YOU'RE ON OR OFF POST, PLAY IT SAFE.

GET ENOUGH REST AND REMEMBER THESE TIPS...

- Don't operate your vehicle when you're fatigued or physically, mentally or emotionally impaired.
Para 11-4b of AR 385-10, *The Army Safety Program*, says: "Operators will be provided with at least 8 consecutive hours of rest during any 24-hour period. An operator will not drive more than 10 hours in a duty period (including rest and meal breaks)." Of course, if the mission takes more than 10 hours to complete, this shouldn't be a show stopper. Just make sure you have an assistant driver.
- Recognize when traffic or your vehicle is unsafe.

- Make sure you don't carry more passengers than authorized for your vehicle.
- Make sure everyone in the vehicle uses the restraint system.
- Use a ground guide to help you back up or perform tough maneuvers.
- Obey road signs and posted speed limits. Also, make adjustments as needed for weather, traffic and road conditions.
- If your vehicle breaks down, be sure you properly display highway warning devices.



THE SENIOR OCCUPANT IN YOUR VEHICLE SHOULD HELP YOU WITH ALL OF THESE TIPS.

EYEBALL AR 385-10 FOR MORE INFORMATION ON DRIVER SAFETY.

CHAPTER 11 TELLS YOU THE ROLES OF DRIVERS, VEHICLE COMMANDERS, AND SENIOR COMMANDERS IN ARMY MILITARY VEHICLES.

Wheeled Vehicles...

DON'T HANG ON THE DOOR!



DON'T YOU KNOW THAT PULLS THE DOOR OUT OF ALIGNMENT!?

Word from the field is that some Soldiers are hopping out of their trucks the wrong way. They hang on the door while getting out!

That extra stress pulls the truck's doors out of alignment. Then the doors won't close properly and protect you like they should.

So get out of your truck the **right** way. Don't hang on the door. Instead, use the handles and steps that are installed on your truck to help you get in and out of it safely.



Get in and out of truck using handles and steps