

Road Safety Rules for Truck Drivers

Pre-Departure Checks

Vehicle inspection:

- Perform a detailed inspection of the truck before the trip, checking the brakes, tires, lights, mirrors, wipers, steering, and fluid levels.
- Make sure the load is properly secured, evenly distributed, and complies with legal weight limits.
- Check that the trailer connections (such as the fifth wheel, kingpin, and electrical connections) are secure.

Documentation:

- Carry all necessary documents with you, including a valid driver's license, registration, insurance, permits, and any cargo-related paperwork. Previous experience driving trucks in Sweden.
- Ensure that the vehicle insurance is valid.
- Keep emergency contact information within easy reach.

Route Planning:

- Plan your route in advance, taking into account traffic conditions, road closures, weather forecasts, and construction areas.
- Use GPS navigation systems or route-planning apps to find the safest and most efficient routes.
- Be aware of low bridges, narrow roads, and weight-restricted areas along the route.

Safe Driving Practices

Speed Management:

- Observe posted speed limits, adjusting your speed according to road conditions, weather, and traffic flow.
- Reduce speed in construction zones, near schools, and in residential areas.
- Avoid sudden acceleration or braking, especially when transporting heavy loads.

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Maintaining a Safe Distance:

- Keep a safe distance from the vehicle in front of you, at least 4–6 seconds under normal driving conditions.
- Increase the following distance in adverse weather conditions, heavy traffic, or when driving at high speeds.

Using Turn Signals:

- Always use your turn signals well in advance before turning, merging into another lane, or changing direction.
- Use hazard lights when stopped on the roadside or in emergency situations.
- Check mirrors and blind spots before changing lanes or turning.

Avoiding Distractions:

- Refrain from using mobile phones, eating, drinking, or engaging in other activities that may distract you while driving.
- Pull over in a safe location if you need to make or receive a call or handle any distraction.

Stay Alert:

- Remain mentally and physically alert while driving, taking regular breaks to combat fatigue.
- Watch for hazards such as pedestrians, cyclists, animals, and obstacles on the road.
- Be aware of your surroundings, including other vehicles, road signs, and markings.

Visibility

- Ensure good visibility by keeping mirrors clean, properly adjusted, and unobstructed.
- Use headlights in adverse weather conditions, fog, rain, or low-light situations.
- Use high beams carefully and switch to low beams for oncoming traffic.

Compliance with Road Signs and Signals:

- Follow all traffic signs, signals, and regulations, including stop signs, yield signs, and traffic lights.
- Obey lane markings and avoid illegal maneuvers such as improper lane changes or U-turns.

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Adverse Weather Conditions:

- Adjust your driving behavior according to weather conditions such as rain, snow, ice, fog, or strong winds.
- Reduce speed and increase following distance in adverse weather, giving yourself enough time to react.
- Drive cautiously on slippery roads and avoid sudden maneuvers.

Emergencies:

- In case of breakdown or emergency, move the vehicle to a safe location, ideally off the roadway onto the shoulder.
- Activate hazard lights and place warning triangles or flares to alert other drivers.
- Contact emergency services or dispatch for assistance.

Fatigue Management:

- Take regular breaks to rest and stretch, especially during long or overnight trips.
- Avoid driving for extended periods without adequate rest, complying with legal driving-hour limits.
- Recognize signs of fatigue such as yawning, heavy eyelids, difficulty concentrating, and slowed reaction times.

Loading and Unloading

Loading Procedures:

- Ensure the cargo is properly loaded, secured, and evenly distributed to prevent shifting during transport.
- Follow loading guidelines to maintain vehicle stability and balance.
- Verify that the load does not exceed weight limits and complies with cargo securement regulations.

Safe Unloading:

- Exercise caution when unloading cargo, using appropriate equipment and procedures to prevent injuries.
- Follow company unloading protocols, ensuring you are in a safe location away from traffic.

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Communication with Dispatch:

- Maintain open communication with the dispatcher or fleet manager regarding route changes, delays, or any issues encountered.
- Promptly report any mechanical problems, accidents, or incidents.

Incident Reporting:

- Immediately report any accidents, near-misses, or safety concerns to the appropriate authorities.
- Carefully document incidents, including the date, time, location, and any relevant details.