



Guidelines to Prevent Rollovers

Progressive Fleet recommends truck drivers follow these guidelines to prevent rollovers and thereby protect their rig, their cargo and their life.

PRE-TRIP PREPARATIONS:

- **Properly load and secure cargo.** Keep cargo as low as possible and evenly distributed. Periodically re-examine your load for proper securement during your trip per company and federal regulations.
- **Check your tire pressure!** Tires low on air or worn out reduce your ability to control a vehicle in an emergency situation.
- **Partially loaded** cargo tanks increase the risk of a rollover.
- **Fatigue is a major contributing factor** in rollover crashes. Get plenty of rest before you begin your trip, eat proper foods, take breaks, etc. to avoid fatigue.

PRECAUTIONS WHILE ON THE ROAD:

- **Drive the load, not just the road.** Load stability changes with each load and trailer. Keep cargo as low as possible.
- **Watch out for soft and low shoulders** that can grab your tires and pull your vehicle off the road.
- **Do NOT make abrupt lane changes**, especially on other than dry roads. This can cause the vehicle to jackknife and then roll over.
- **Do NOT make any sudden maneuvers.** Swerving quickly to avoid any road obstacle can cause your vehicle to roll over. So can stopping or accelerating suddenly under wrong conditions.
- **Do NOT use cruise control on curves**, in inclement weather, in heavy traffic, etc.
- **Do NOT suddenly swerve to avoid hitting animals.** Instead, maintain control, gradually steer away from the animal and slow the vehicle as much as possible.
- **Stay alert**, keep your eyes on the road and do not become distracted from your driving task. Concentrate on your driving rather than on personal problems, work, talking on the cell phone, etc.
- **Always maintain a safe following distance.** Allow at least one second of following distance for each 10 feet of vehicle length and an additional second for each type of adverse condition, such as rain, snow, ice, darkness, fog, gravel road, etc. Never allow less than seven seconds of following distance.
- **Scan ahead**, around and behind your vehicle for any kind of road hazards. Be attentive to what you and other drivers are doing.
- **Speed is a primary contributing factor in all rollovers.** If a truck speed limit is not posted, reduce your speed at least 10 mph below the posted limit before entering a ramp or curve.

OFF THE ROAD RECOVERY:

- **Steer in the safest**, flattest direction and apply controlled braking to prevent wheel lockup.
- **If necessary**, momentarily apply the throttle to straighten the trailer and then apply controlled braking.
- **Do NOT make any sudden maneuvers.** Resist the urge to steer quickly back onto the roadway. It can cause a rollover.
- **It is usually safer** to ride it out in a straight line versus trying to get back on the road, especially if getting back on the road means going up an incline. Turning the steering wheel to go up an incline causes the unit to fight itself by trying to change direction of the force. This fighting will cause the unit to roll over.
- **Many rollovers are caused by trying to re-enter the roadway.**
- **After you come to a safe stop**, call emergency road service for a tow-out if necessary.
- **Rollovers can happen to any driver** regardless of driving experience. Don't be complacent. Complacency causes collisions.
- **Wear a seat belt at all times.** Drivers are killed by ejection and by being thrown around inside the cab. Passengers should use proper restraints when in the sleeper berth.