



Englisch

## The 10 Max-Eighty Rules for Truck Drivers

A responsible driver behaves in such a way that in all traffic situations he does not endanger himself, other road users or his load. Therefore, we expect and recommend for the daily travel times:

1. always observe driving and break times, use breaks sensibly.
2. only make urgent calls and only if a hands-free system is available. Every phone call is distracting.
3. social media use via smartphone, notebook, tablet etc., like facebook, WhatsApp, SMS or YouTube must be omitted.
4. do not plan routes, change routes or process orders while driving.
5. Non-driver activities such as reading, making coffee, preparing food, personal hygiene, etc. are incompatible with safe driving and must not be done while driving.
6. eating and drinking while driving shall only be done if it is ensured that concentration on traffic is not disturbed.
7. Alcohol and other substances that influence reaction and concentration, but also medication that excludes driving, are strictly prohibited immediately before and during driving hours.
8. change clothes only at the next parking lot or during the break. Wear sturdy shoes.
9. if something falls off, stop at the next opportunity and only then pick it up.
10. **Max eighty bid:** I adhere correctly to the specified speed limits - especially on roads with traffic jams and on construction sites. I maintain safe distances, overtake only when it is not forbidden and I am wide awake.

***Max Eighty's in, so are you!***



**HELLWACH MIT**

