

TRANSPORTATION MANAGEMENT

Revised 2/15/11 V1.0

DRIVING TOO SLOW COACHING TOPIC

The Issue

You wouldn't think that driving slowly would be a problem. But, sometimes driving too slow can actually make you a hazard. Now others exceeding the speed limit should not be a reason for you to be accused of driving too slowly. You do not want to be driving faster than the posted speed limit. However, if you are operating below the speed limit, others will be frustrated and will unsafely try to get around you.

Our Concern

If in fact you are driving too slowly, you may be doing so because of various factors that can be controlled. If your vehicle can not maintain a proper speed due to mechanical problems you need to get this reported to your maintenance department and get the vehicle serviced as soon as possible.

If you are fatigued and feel uncomfortable driving at an appropriate speed for the prevailing weather conditions then find a rest area where you can safely pull over and take a break. If you are having other problems, again pull over in a safe place, contact appropriate company personnel and let them know you need some assistance.

You need to drive safely without being a hazard to others. Try to drive at a safe and reasonable speed for prevailing conditions.

A Solution

To reduce stress in your life, consider some of the following suggestions:

- Get an appropriate amount of rest each day (usually at least 8 hrs. sleep)
- Avoid alcohol and other stimulants
- Leave personal problems at home
- Regularly exercise...walk around the vehicle, take several deep breaths, do some stretching exercises. Attempt to stay physically fit
- Watch your posture...sit up straight...keep yourself alert
- Keep your vehicle properly maintained and fit for service
- Drive at an appropriate speed. Don't let the actions of other drivers get to you
- Be professional in all that you do