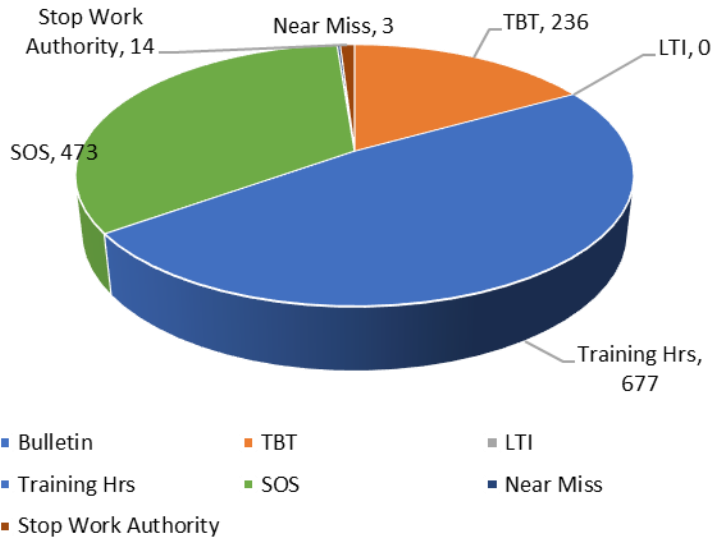


HSE Statistics Report – Oct 20



Spetco Oct 2020 Winners

| Awards | Name | Remarks |
|---------------------------|--------------------------|-----------|
| Best Drivers of the Month | Emerald Placencia - 1771 | WS |
| | Kasthuri Sujeewa - 2792 | NK |
| | Kumara - 2274 | WK |
| Best SOS | Vishal Chettri - 2472 | WS |
| | Prasanth Soman - 2638 | NK |
| | Ajit Kumar - 1133 | WK |
| Spot the Hazard | Shibbir Khan - 1437 | Logistics |

For more information on Driving in fog, rain and storm you may visit the below you tube link:

<https://youtu.be/3GEgB-xui0M>

Driving in Winter

A change in weather... It's time to be more vigilant

- ▶ Plan your trip in advance.
- ▶ Reduce the speed and be careful.
- ▶ Maintain safe distance between vehicles.
- ▶ Turn on low beam headlights.
- ▶ Do not use your hazard signal as this will confuse others
- ▶ Beware of drivers who do not use their headlights.
- ▶ Be careful at junctions, roundabouts & intersections.
- ▶ If fog is too thick, step off the gas and wait till fog clears!
- ▶ Fatigue is also common during these conditions. Park your vehicle at the side of the road and take rest.

While driving in rainy day

- ▶ Use the center lane- as water accumulates near pave ways and side lanes.
- ▶ Avoid harsh break & if you start to skid, ease off the gas pedal, stop braking, and turn the steering wheel in the direction of the skid.
- ▶ Slow down particularly through puddles
- ▶ Be vigilant as heavy rain affects visibility.
- ▶ Maintain safe distance.
- ▶ Stay informed regarding the weather.
- ▶ Make sure your wipers are functioning.



The Truck Driver Checklist

Check these before you go :

- Stay fit, physically and mentally. Don't drink alcohol or any kind of drugs which may impair driving. Avoid heavy meals as these can make you feel drowsy.
- Make sure the vehicle is in good working order. Check breaks, tire pressure & tread depth, coolant & oil, mirrors, wipers, lights, indicators, & emergency equipment's.
- Check the load. Make sure the load is evenly distributed & properly secured.
- Check the documents and recording devices. Bring the right documents before start
- Check your route. Anticipate any bridges, sharp turns, rough road etc. And do not forget to check weather conditions.

Feel better, drive better and live longer!

STEP UP, MASK UP.



Best SOS and BDA gifts presented by Yasser Qassem to Totha, Essam Hassan to Khalid, Kebci to Fernando and Harish

