# Drive the 5

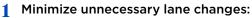
- **D** istraction free
- **R** ested and alert
- I mpairment free
- V ehicle maintained
- E nvironment aware

#### Learn more at MyNSightOnline.com/DriveThe5

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## **Proper lane changes**

Approximately 32% of truck accidents<sup>1</sup> occur during lane changes. Be aware of your "No Zone".



- Reducing the number of lane changes can lower your risk.
- 2 Signal early:
  - Activate your turn signal well in advance to alert other drivers of your intention to change lanes.

### **3** Check mirrors and blind spots:

- Look over your shoulder to ensure no vehicle is in your blind spot. If your truck is equipped with blind spot indicators, check those too. Recheck your mirrors.
- 4 Smooth steering:
  - Steer gently into the new lane, maintaining speed with traffic. Quick movements give other drivers less time to react.

## **5** Maintain following distance:

 Once in the new lane, establish a safe following distance. Return to the right-hand lane when it's safe, following the practices above.

