

CLASS 1 APPRENTICE TRAINING



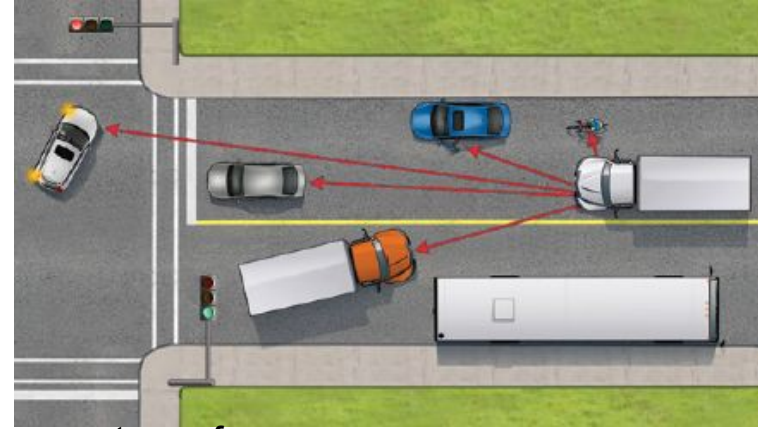
Commission scolaire
de la Rivière-du-Nord

CHAPTER 5 DRIVING AND ROAD SAFETY



OBSERVE CAREFULLY

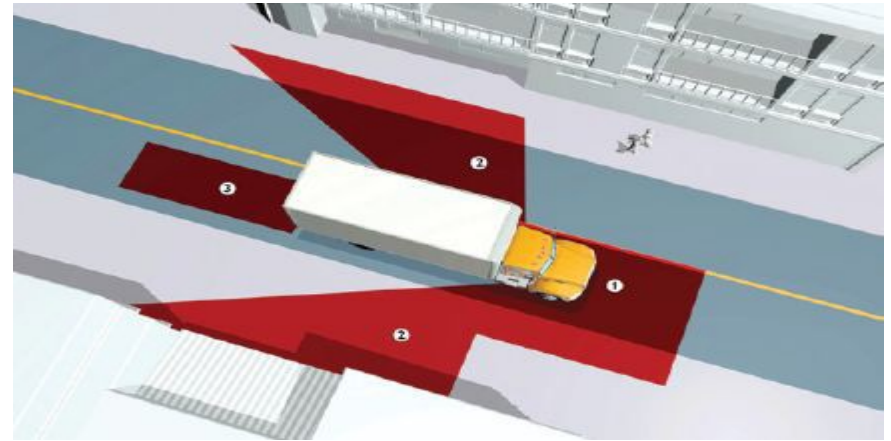
Look far ahead of you.



Thus, looking far ahead will allow you to maintain all available space to perform each maneuver progressively and safely. This habit will prevent you from being caught off guard. It will also allow you to maintain control over the vehicle's trajectory at all times.

Looking far ahead means scanning the path to be traveled in the next 12 to 15 seconds while avoiding fixing your gaze in the distance.

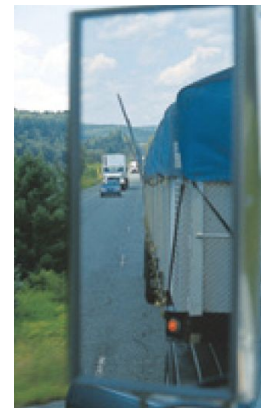
CHECK THE BLIND SPOTS



Checking blind spots involves looking into the rear, right, and left areas that are not covered by the mirrors. Make sure these areas are clear before changing lanes, turning, performing a reverse maneuver, or when putting the vehicle in motion. Remember that your vehicle's dimensions are larger than those of other vehicles. This makes it even more necessary to check blind spots, as smaller vehicles, cyclists, or pedestrians may be hidden in these areas.

USE THE MIRRORS

Every driver must be aware of what is happening around the vehicle at all times. To do this, you should use the mirrors to observe traffic on the sides and behind the vehicle. **Check these mirrors at regular intervals, every 10 to 12 seconds,** when traffic conditions are normal, and more frequently when a challenging situation arises.



Take quick glances

It is impossible to look in the mirrors and in front of you at the same time. Therefore, you must shift your gaze from the road to the mirror and from the mirror back to the road. However, avoid looking in the mirrors for too long, as the situation in front of you is constantly changing.

SIGNAL YOUR INTENTIONS

To indicate that you are going to turn.

You must warn other drivers of your intention to turn early enough so that they can take it into account and avoid hindering your maneuver.

You should use turn signals (blinkers) continuously to ensure the message is clearly understood. Start signaling your intentions as soon as there is no possible confusion for other road users. It is preferable to signal your intentions before slowing down, unless the vehicle's slowing maneuver requires considerable time that could confuse other users and cause unsafe situations. You should wait until the turn is completed before stopping the signal.

When changing lanes

Signal your intention to change lanes well in advance. After performing the usual checks and activating the turn signal (blinker), you should gradually move the vehicle into the lane you wish to enter.



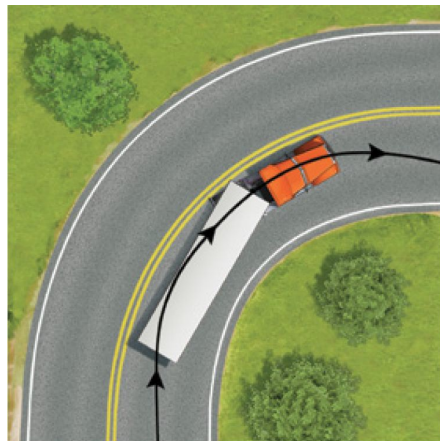
MAINTAIN SUFFICIENT SPACE

The space to maintain in front of the vehicle

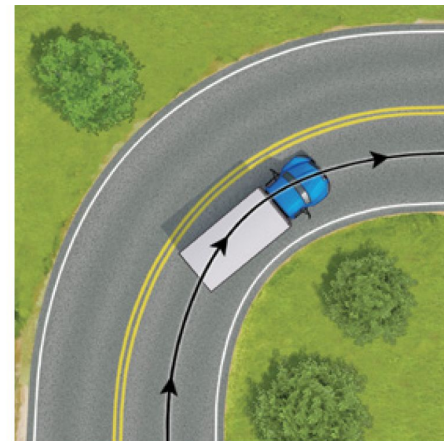
When you stop behind another vehicle, it is preferable to keep enough **space to be able to maneuver around this vehicle if necessary, without being forced to reverse.** Similarly, when you are driving, you must maintain sufficient distance to be able to brake and stop without difficulty, even in emergency situations.

The use of the "seconds rule" is a practical way to evaluate the distance to maintain between your vehicle and the one in front of you. **By leaving an interval of one second for every three meters of the vehicle's length you are driving,** you ensure a safe distance, however, this applies when the road surface is dry. For example, if you are driving a vehicle that is 12 meters long, the interval to maintain is 4 seconds.

APPROACHING A CURVE



Circuler dans une courbe tournant vers la droite avec un tracteur semi-remorque



Circuler dans une courbe tournant vers la droite avec un camion porteur ou un autobus

You may only need to release the accelerator or downshift to slow down. However, if you need to brake, you should do so before entering a curve, while the vehicle is still in a straight line. **It's important to choose the gear that will allow you to accelerate slightly once in the curve to maintain the vehicle's stability.**

Therefore, avoid braking and downshifting in a curve. Instead, you should slow down and adopt an appropriate speed before entering the curve.

TURNING AT AN INTERSECTION

Performing the Turning Maneuver

As you approach the intersection:

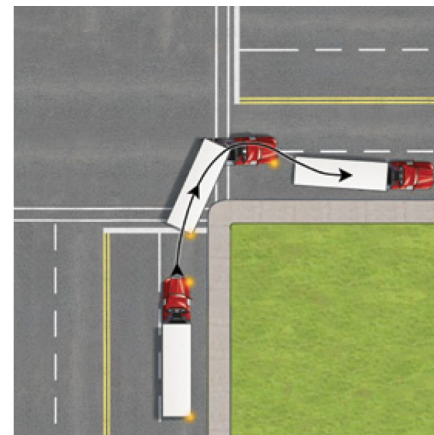
- Choose the appropriate lane to make the turn;
- Slow down gradually and adjust the vehicle's speed to avoid braking and downshifting at the moment of the turn;
- Check the mirrors and monitor the blind spots, then signal your intentions;
- Choose the appropriate gear to avoid changing gears during the turning maneuver if the vehicle is equipped with a manual transmission;
- Check if there is sufficient space, taking into account the dimensions of the vehicle and any obstacles.

At the moment of the turn:

- Constantly check your surroundings throughout the maneuver;
- Begin to turn when the vehicle has entered the intersection;
- Gently accelerate in the last part of the turn.

TURNING AT AN INTERSECTION

The right turn



Virage à droite avec un tracteur semi-remorque

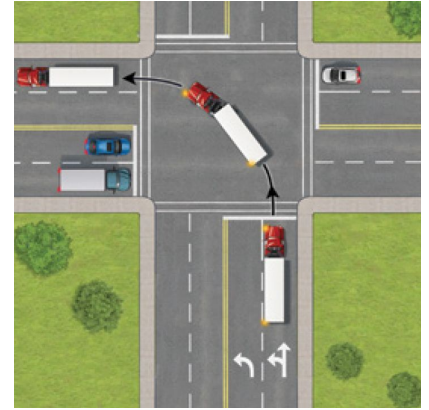
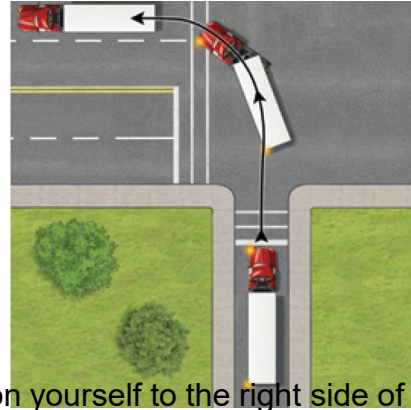
After checking left, right, and then left again to see if the road is clear, turn to bring the front of the vehicle close to the line that marks the left side of the lane you wish to enter. Although the law prohibits it, the configuration of the roads and the size of vehicles sometimes leave no choice but to encroach slightly into the adjacent lane. It then becomes essential to ensure that this lane is clear and to remain attentive to any other vehicles that may appear.

Continue your route by moving straight ahead, close to the boundary line, so that the rear wheels do not encroach on the sidewalk or shoulder. Steer the vehicle to the center of the lane you have entered. Minimize the space between your vehicle and the edge of the roadway as much as possible, and be vigilant to avoid another road user merging into that space throughout the maneuver.

TURNING AT AN INTERSECTION

The left turn

Direct the vehicle into the appropriate lane and, if necessary, position yourself to the right side of that lane. After checking left, right, and then left again to see if the road is clear, bring the front of the vehicle close to the lane boundary line of the opposite roadway and steer it to the right side of the lane where you wish to enter. If space is limited, it may sometimes be necessary to encroach slightly into the other right lane after ensuring that it is clear; it is essential to remain attentive to other road users (vehicles, cyclists, and pedestrians, for example) who may appear. Continue moving straight ahead, close to the right boundary line of the lane, until the turn is about to be completed, so that the rear wheels do not encroach on the center line. Steer the vehicle to the center of the lane where you have entered.



TAKE INTO ACCOUNT THE BRAKING DISTANCE

The factors that affect braking distance

The vehicle load

The load carried by a heavy vehicle influences the braking distance. Nevertheless, braking systems are designed to effectively stop a loaded vehicle up to a maximum weight established by the manufacturer (gross vehicle weight rating). **Thus, if the weight of the load being carried is doubled and you apply the same braking force, the stopping distance is increased.**

If the weight is doubled, the stopping power must be doubled.

When the total loaded mass of a vehicle exceeds the permitted limit—this is referred to as being overloaded—it requires braking power that often exceeds the normal capacity of the brakes. In fact, braking systems are not designed to absorb this excess weight. At this point, the braking distance could significantly increase due to, among other factors, excessive heat buildup in the drums and brake linings, and the loss of effectiveness of the braking system that this causes.

TAKE INTO ACCOUNT THE BRAKING DISTANCE

The factors that affect braking distance

The speed of the vehicle

Speed has a much greater impact on braking distance than load, considering the limits of a braking system. Indeed, the faster you go, the longer the braking distance becomes. **For example, if you double the speed, the braking distance is four times greater when the same braking force is applied. Furthermore, if you reduce the vehicle's speed by just a few kilometers per hour, it will significantly shorten the braking distance.**

The human and mechanical perception and reaction time

It is estimated that approximately two seconds elapse between the moment a driver perceives a danger and when the brakes begin to slow down the vehicle. Therefore, you must take this delay into account to ensure safe braking.

MANDATORY CHECK

In certain areas of the road network, **specific signage requires you to check the condition of your vehicle's brakes by making a stop**. The sign indicates the distance to travel before reaching the brake inspection area. At this location, a BRAKE INSPECTION sign indicates the area where you should come to a complete stop. This stop must be made before the STOP sign.

If some time has passed since the safety round, it would be wise to check the brakes again by performing the checks outlined in the safety round. These checks are detailed in Chapter 12.



STOPPING AT THE EDGE OF A ROAD

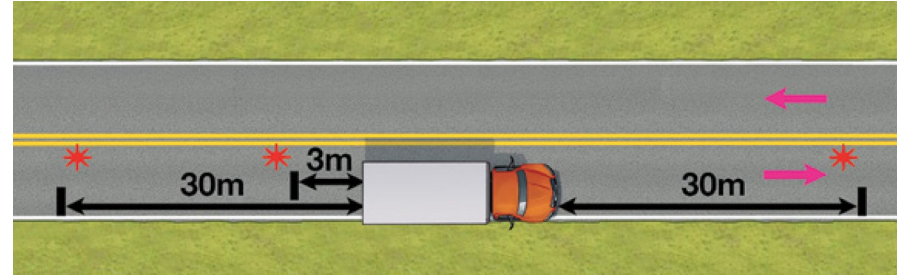
In case of a breakdown, in addition to hazard lights, you must use flares, lamps, or triangular reflectors to signal your presence. In the case of flares, it is important to replace them as needed to maintain a constant danger signal. **Furthermore, it is prohibited to use flares when driving a vehicle designated for the transport of flammable, explosive, or hazardous materials, such as gasoline, solvents, propane gas, and dynamite.** Here are the two recommended ways to place the signaling devices, depending on whether you are on a secondary road or on a highway.

STOPPING AT THE SIDE OF A ROAD

Stopping Along a Secondary Road

On a secondary road, you must place the signaling devices as follows:

1. The flare, lamp, or triangular reflector should be placed on the ground, about 3 meters behind the broken-down vehicle, in line with the left side of the vehicle.
2. A second signaling device should be placed on the ground, in line with the first device, about 30 meters behind the vehicle.
3. A third device is placed in the same manner, about 30 meters in front of the vehicle, in line with the left side of the vehicle.

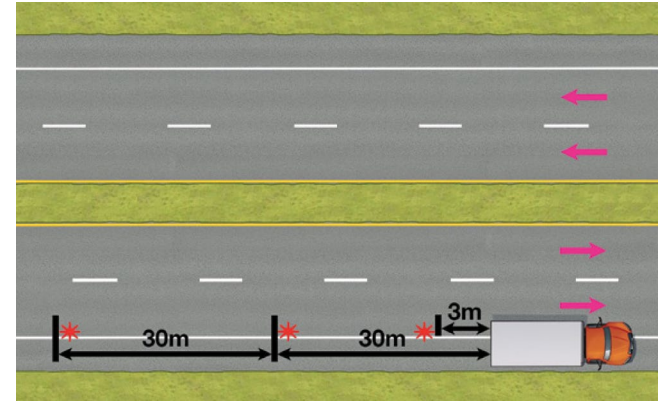


STOPPING AT THE EDGE OF A ROAD

Stopping Along a Highway

On a highway, on a one-way lane, or on any other public road where vehicles cannot pass each other, flares, lamps, or triangular reflectors must be arranged as follows:

- A first signaling device must be placed on the ground, about 3 meters behind the vehicle, in line with the left side of the vehicle.
- A second device must be placed on the ground, about 30 meters behind the vehicle and in line with the first device.
- A third signaling device is placed on the ground, about 60 meters behind the vehicle and in line with the other devices.



CROSSING A LEVEL CROSSING

Heavy vehicle drivers must exercise great caution when approaching a level crossing. At certain times of the year, the signs indicating a railway crossing may be obscured, either partially or completely, by bushes, snow, or even tree branches.

Furthermore, heavy vehicle drivers must be aware that level crossings pose a risk of collision with a train. **Due to their size and the load they carry, heavy vehicles generally take longer than other vehicles to cross a level crossing. Therefore, you should avoid changing gears while crossing a railway.** If the maneuver is not executed properly or if the engine stalls, it could be fatal. The risk is even higher for bus drivers, who must also ensure the safety of their passengers. Due to the increased risks associated with the type of transport being conducted, bus drivers and those transporting hazardous materials are subject to special rules at level crossings. See Chapters 7 and 8 regarding these categories of transport for more information.

