

DEPTH OF KNOWLEDGE STUDY GUIDE - NSPT

5 SEEING HABITS

AIM HIGH IN STEERING

How do we do it? **Imaginary Target. Baseball/Dartboard**

What does it do? **Centers car in traffic lane; Safe path on turns**

Key Phrase: **Find a safe path well ahead**

GET THE BIG PICTURE

How do we do it? **How wide and deep? What's in it? Object and Ground.**

What does it do? **Keeps you away from billboards; Smooth stops and turns; buys time**

Key Phrase: **Stay back and see it all**

KEEP YOUR EYES MOVING

How do we do it? **Move eyes: front 2 seconds; rear 5-8 seconds**

What does it do? **Keeps you alive at intersections; Keeps eyes ahead of car**

Key Phrase: **Scan – don't stare**

LEAVE YOURSELF AN OUT

How do we do it? **Have escape route. Take path of least resistance**

What does it do? **Space on all four sides, but always in front**

Key Phrase: **Be prepared. Expect the unexpected**

MAKE SURE THEY SEE YOU

How do we do it? **Communicate in traffic. Horn lights and signals**

What does it do? **Establishes eye to eye contact**

Key Phrase: **Don't gamble. Use your horn lights and signals**

10-POINT COMMENTARY

When starting up at an intersection, look left, right, left and check your mirrors

When stopped in traffic, leave one car length of space in front

Count 1,2,3 after the vehicle ahead has begun to move before moving

4-6 seconds following time for speeds up to 30 mph and 6-8 seconds for speeds over 30 mph

8-12 second eye lead time – this is the depth in which my vision should be

Scan the steering wheels of parked cars for signs of life

Be aware of stale green lights and have a point of decision

Establish eye to eye contact with motorists and pedestrians

When pulling from the curb look over your left shoulder.

Use of mirrors – every 5-8 seconds, looking forward every 2

8 KEYS TO LIFTING & LOWERING

Get close to the object – *work within your power zone*

Position feet shoulder-width apart – *one slightly in front of the other*

Bend at the knees – *keep the natural curve of your back*

Test the object – *for weight & shifting contents*

Get a firm grip – *grasp opposite corners*

Lift with a smooth, steady motion – *don't jerk*

Move your feet – *step or pivot; don't twist*

Use existing equipment – *to assist with the lift and lower*

5 KEYS TO SLIPS & FALLS

Walk at a brisk pace – *don't run*

Establish firm footing – *maintain your balance*

Look before stepping – *scan your work area*

Don't walk on conveyors, unsecured belts chutes, rollers, or slides

Make adjustments to changing conditions

RULES TO BACKING

Back only when necessary

If you must back, back first and to the driver's side

Before and during backing scan the area

Tap horn continuously when backing

Use your rearview monitor as a third mirror

When in doubt, stop and get out

YARD CONTROL PROCEDURES

Only yard-certified employees are allowed in the yard outside of designated pedestrian walkways and break areas

All employees must use pedestrian doors to enter & exit the building

When on break, all employees must remain in designated break areas

Drivers must obey posted speed limits and wear seat belt at all times

Vehicles in the yard must have operable headlights, flashers, and reflective material providing a 360-degree visibility

Drivers must take ignition keys from vehicle when parking their vehicle in the yard

Certified yard employees must wear reflective vest when working in the yard

Certified yard employees must use orange cone when working in yard

CSA QUESTIONS

Explain what you would do if a package were generating smoke, fumes, or is otherwise irritating inside of the facility.

Answer: Don't touch, leave the area, notify supervisor.

Explain what you would do if a package were generating smoke, fumes, or is otherwise irritating on road.

Answer: Don't touch, secure the vehicle, notify supervisor.

Explain what you would do if a package was leaking and you don't know its contents. **Answer: Treat it like a HazMat.**