

## DEPTH OF KNOWLEDGE STUDY GUIDE - NSPT

<b>5 SEEING HABITS</b>
<b>AIM HIGH IN STEERING</b>
<i>How do we do it?</i> <b>Imaginary Target. Baseball/Dartboard</b>
<i>What does it do?</i> <b>Centers car in traffic lane; Safe path on turns</b>
<i>Key Phrase:</i> <b>Find a safe path well ahead</b>
<b>GET THE BIG PICTURE</b>
<i>How do we do it?</i> <b>How wide and deep? What's in it? Object and Ground.</b>
<i>What does it do?</i> <b>Keeps you away from billboards; Smooth stops and turns; buys time</b>
<i>Key Phrase:</i> <b>Stay back and see it all</b>
<b>KEEP YOUR EYES MOVING</b>
<i>How do we do it?</i> <b>Move eyes: front 2 seconds; rear 5-8 seconds</b>
<i>What does it do?</i> <b>Keeps you alive at intersections; Keeps eyes ahead of car</b>
<i>Key Phrase:</i> <b>Scan – don't stare</b>
<b>LEAVE YOURSELF AN OUT</b>
<i>How do we do it?</i> <b>Have escape route. Take path of least resistance</b>
<i>What does it do?</i> <b>Space on all four sides, but always in front</b>
<i>Key Phrase:</i> <b>Be prepared. Expect the unexpected</b>
<b>MAKE SURE THEY SEE YOU</b>
<i>How do we do it?</i> <b>Communicate in traffic. Horn lights and signals</b>
<i>What does it do?</i> <b>Establishes eye to eye contact</b>
<i>Key Phrase:</i> <b>Don't gamble. Use your horn lights and signals</b>
<b>10-POINT COMMENTARY</b>
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

<b>8 KEYS TO LIFTING &amp; LOWERING</b>
Get close to the object – <i>work within your power zone</i>
Position feet shoulder-width apart – <i>one slightly in front of the other</i>
Bend at the knees – <i>keep the natural curve of your back</i>
Test the object – <i>for weight &amp; shifting contents</i>
Get a firm grip – <i>grasp opposite corners</i>
Lift with a smooth, steady motion – <i>don't jerk</i>
Move your feet – <i>step or pivot; don't twist</i>
Use existing equipment – <i>to assist with the lift and lower</i>
<b>5 KEYS TO SLIPS &amp; FALLS</b>
Walk at a brisk pace – <i>don't run</i>
Establish firm footing - <i>maintain your balance</i>
Look before stepping – <i>scan your work area</i>
Don't walk on conveyors, <i>unsecured belts chutes, rollers, or slides</i>
Make adjustments <i>to changing conditions</i>
<b>RULES TO BACKING</b>
<i>Back only when necessary</i>
<i>If you must back, back first and to the driver's side</i>
<i>Before and during backing scan the area</i>
<i>Tap horn continuously when backing</i>
<i>Use your rearview monitor as a third mirror</i>
<i>When in doubt, stop and get out</i>
<b>YARD CONTROL PROCEDURES</b>
<i>Only yard-certified employees are allowed in the yard outside of designated pedestrian walkways and break areas</i>
<i>All employees must use pedestrian doors to enter &amp; exit the building</i>
<i>When on break, all employees must remain in designated break areas</i>
<i>Drivers must obey posted speed limits and wear seat belt at all times</i>
<i>Vehicles in the yard must have operable headlights, flashers, and reflective material providing a 360-degree visibility</i>
<i>Drivers must take ignition keys from vehicle when parking their vehicle in the yard</i>
<i>Certified yard employees must wear reflective vest when working in the yard</i>
<i>Certified yard employees must use orange cone when working in yard</i>
<b>CSA QUESTIONS</b>
Explain what you would do if a package were generating smoke, fumes, or is otherwise irritating inside of the facility. <b>Answer: Don't touch, leave the area, notify supervisor.</b>
Explain what you would do if a package were generating smoke, fumes, or is otherwise irritating on road. <b>Answer: Don't touch, secure the vehicle, notify supervisor.</b>
Explain what you would do if a package was leaking and you don't know its contents. <b>Answer: Treat it like a HazMat.</b>