

Life on the Road While Driving

No matter how long you have been a professional driver, there is always something to learn. Maybe you could improve your communication skills or maybe you need to refine your personal appearance. No matter what you face over the road, there is always room for improvement.



Developing a Hygiene Routine

Perception is reality: People judge us by how we present ourselves

Ask yourself: What does my appearance say about me?

- Personal appearance begins with a proper hygiene routine. Being on the road can make it hard to develop a consistent routine, but it is possible.
- Most truck stops have \$10 showers equipped with towels, soap, and a washcloth. Werner terminals offer showers for free to all drivers.
- While not a complete list, you can keep the following items in your truck to maintain personal hygiene: wet wipes, comb/hairbrush, toothbrush and toothpaste, deodorant, nail clippers, cotton swabs, razor, soap and shampoo.
- Some drivers keep gallon jugs of water on their trucks to brush their teeth quickly or wet their hair.
- Personal hygiene also means taking care of your clothes. Laundry facilities can be just as easy to come by as showers. You can find washers and dryers at truck stops and some Werner Enterprises terminals.
 - Have change available
 - Soap dispensers are generally available, but you may want to bring your own soap.

Communicating with Office Associates

Drivers and office personnel can struggle to communicate with each other so it's important to find middle ground

- There are fundamental differences in the way office associates and drivers work and communicate. Office associates have to talk to people all of the time while drivers are often alone.
- Communication is a two-way street. Maintain as much communication with office personnel as possible without bogging anyone down.
- When you are out on the road, try to communicate with as many different people as possible. Talk to other drivers and chat with family and friends.
- The more people you talk to on a regular basis, the more developed your communication skills will be.

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Being a Better Driver

Whether you've been driving for 20 years or 20 days, there is always room for growth and improvement

- Improving your driving comes with patience and practice. Here are some everyday things you can do to improve.
- **Sleep:** If you feel tired, do not continue driving. Find a safe haven and notify your fleet manager.
- **Focus:** As a driver, it can be easy to become careless. You are responsible for everyone's safety so maintain focus every minute of every day.
- **Stay calm:** Don't let frustrating moments get the best of you.
- **Equipment:** Don't assume that everything is working on a truck. Complete a thorough pre-trip inspection before every trip.

Refining Personal Appearance

The first impression you make is not only a reflection on you, but a reflection on Werner as a company as well

- Whether you believe it or not, appearance does matter.
- Your clothes say a lot about you – buy jeans with minimal holes and be selective about the shirts you wear to the consignee. Wear things that are comfortable and presentable.
- Personal hygiene is important as well – brush your teeth, comb your hair, shower regularly, and wear deodorant every day.
- Your truck also needs to be presentable. You may be clean and tidy on the outside, but if the inside of your truck is messy, they will associate you with the clutter.
- Remember that the truck is Werner's property so maintain it to company standards. Keep the inside clear of clutter and wash the outside regularly.

Preparing for Weather

The phrase "be prepared" applies all of the time, but is especially important during times of inclement weather

- Whether it's rain, snow, sleet, or hail, your best line of defense is to be prepared.
- Make sure you are completing a thorough pre-trip inspection. You are required to do a hands-on inspection of your tires, wiper blades, fluid, and lights.
- Check the weather where your trip starts and ends as well as any city you will travel through.
- You can download a weather app on your smartphone, check weather.com or contact your Fleet Manager if you do not have access to weather information.
- When on the road, make sure you bring: proper clothing, flashlight and batteries, blanket, non-perishable food and water, First Aid kit, bag of sand or salt, extra washer fluid, and a windshield scraper and brush.
- Remember, Werner Enterprises will never ask you to drive in weather conditions that make you uncomfortable. Find a safe haven immediately.