

Worksite: _____ Instructor: _____ Date/Time: _____

Topic C204: Freeway Driving

Introduction: Freeways and interstate highways are designed to handle higher speed traffic safely. You need to be comfortable with driving at these speeds and with the special procedures below before you attempt freeway driving:

Entering a Freeway:

The key to entering a freeway smoothly is to accelerate on the entrance ramp/lane to match the speed of the freeway traffic in the right lane. Then signal, check the traffic around you, and merge carefully. Drivers on the freeway should move left one lane to assist traffic trying to merge from the entrance ramp. However, sometimes this does not happen, and it is up to you to adjust your speed to merge.

If you must stop on a freeway, signal the vehicle behind you using hand signals or your brake lights.

Always leave enough room between you and the vehicle ahead of you on the entrance ramp, so that if the vehicle stops, you can also stop safely.

Lane Use:

- The right lane is used for entering and exiting, and for slower traffic. The left lane is for higher speed traffic.
- Avoid the right lane of a freeway during rush hour. This will leave room for vehicles entering and exiting.
- Be alert for other vehicles attempting to merge into your lane. Use signals to let other drivers know if you are changing lanes.
- Do not exceed the posted speed limits. Avoid "tailgating" (following the car ahead of you too closely).

If you need assistance, pull over onto the right shoulder as far as possible. Avoid stopping your vehicle on or near freeway ramps.

Restrictions: On the freeway you must not:

- Drive over or across any median or dividing section.
- Make U-turns.
- Change lanes without signaling.
- Drive onto the freeway, except at an on ramp.
- Park or stop on a freeway, except in specially provided areas (or in the case of an emergency)
- Drive in any High Occupancy Vehicle (HOV) lane unless there are 2 or more persons in the vehicle.
- Drive over or park in any part of the gore area. This is the area between a through roadway, and an entrance or exit ramp.

Special Situations on the Freeway:

- If you need assistance, pull over onto the right shoulder as far as possible. Avoid stopping your vehicle on or near freeway ramps.
- To signal for assistance on the freeway, turn on your emergency flashers and tie a white handkerchief or scarf to the radio antenna, or raise the hood of the vehicle. To signal after dark, turn on your inside dome light and/or set out flares or portable warning signals. Wait for help. Do not walk along the freeway.
- While driving, watch for disabled vehicles on the freeway. If you are the first motorist to approach a disabled vehicle, reduce your speed, turn on your emergency flashers, then proceed around the disabled vehicle with caution.

Exiting the Freeway:

Use your signals at least one-half mile before your exit. Most freeways will have deceleration lanes to assist your exiting. Use proper braking to allow for a smooth exit. Maintain adequate space between your vehicle and the vehicle ahead when exiting in heavy traffic.

Conclusion: Freeways are often the quickest route to your destination; however, freeways do present special challenges to your driving skills. Never relax your attention or allow yourself to become distracted when driving on a freeway. Remember to always wear your seat belt.

Employee Attendance: (Names or signatures of personnel who are attending this meeting)

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_____	_____	_____
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These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.