

Safety & Wellness on the GO! READ TOPIC

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BRAKE CHECKING



Brake checking, the practice of drivers who deliberately tap or sharply hit the brakes while driving with the intention of making the driver behind them crash into them or swerve to miss, is against the law.

It's a form of road rage that usually occurs when the driver in front is being tailgated (also against the law). While it may seem harmless to tap once or twice on the brakes to deter tailgaters, it is extremely dangerous for all parties.

Here are some steps to follow if someone is tailgating you:

Remain calm and stay composed. If it's possible and safe, switch lanes to allow the driver to pass. If you are on a single-lane road, pull into a well-lit parking lot or gas station to let them pass.

Keep your speed steady if someone is tailgating you — don't slow down or speed up. If you need to brake to make a stop or a turn, slowly decelerate and brake gently.

Likewise, don't tailgate. Keep a safe distance from the vehicle in front of you.



Source: Personal Best (eBix)

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

Contact Ulliance—they're here to help! Call 800.448.8326 or click LifeAdvisorEAP.com. This confidential service is FREE for Fabiano Brothers employees and their families

