***Defensive Driving for CMV Drivers: Prepare Quiz***

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| --- | --- |
| Name: |  |
| Trainer’s Name: |  |
| Company/Division: |  | Date: |  |
|  |  |  |  |

**Directions:** Read each statement carefully and circle the response that best answers
the question.

**1. Tony’s friend doesn’t understand why he needs a GPS specifically designed for professional drivers. Why can’t he just use the free app that came on his smartphone? What should Tony tell his friend?**

1. Free cell-phone apps may not be up to date.
2. A GPS designed for a professional driver provides information on overpasses and bridges, route restrictions, and upcoming scales.
3. A GPS designed for a professional driver provides information on the laws of each state, scale locations, and mileage charts between major cities.
4. Both A & B.

**2. Estimating the amount of time a trip will take is necessary for:**

1. planning stops.
2. determining arrival time.
3. meeting scheduled deliveries.
4. all of the above.

**3. While there are many reasons to conduct a pre-trip inspection, what would you tell a new driver is the primary reason when it comes to defensive driving?**

1. Conducting a thorough pre-trip inspection helps you identify defective equipment on your truck, which could prevent you from performing a defensive driving maneuver if not addressed.
2. Taking a 20-minute walk around your truck during a pre-trip inspection will help get you energized and alert before heading out on the road.
3. Conducting a thorough pre-trip inspection will stop you from getting a Federal Motor Carrier Safety Administration violation.
4. Conducting a thorough pre-trip inspection ensures there is adequate space above your vehicle to clear bridges and overpasses as well as making sure your vehicle is operating at a safe speed.

**4. Which of the following statements about sleep loss is true?**

1. Most adults need five to six hours of uninterrupted sleep to feel well-rested.
2. Sleep loss of as little as two hours can negatively affect alertness and performance.
3. Lack of sleep can lead to fatigue, loss of appetite, and feelings of giddiness.
4. Both A & B.

**5. Mandatory interruptions of driving are designed for your benefit. Being well-rested and alert can help fight off highway hypnosis. What is highway hypnosis**

1. When your brain doesn’t register an object, even though you’re looking right at it.
2. A dull headache brought on by the stress of driving for long periods without a break.
3. The feeling of being in a trance caused from long periods of driving without
any stimulation.
4. All of the above.