

# HOW TO AVOID BRAKE EVENTS

**Q: I have a driver that consistently has braking events, but he has a good driving record and doesn't understand why these events are happening. Do you have any tips?**

**A:** Having a good driving record is great, but that doesn't always mean the driver is the safest in your fleet. Perhaps he or she is the most fortunate.

Braking events can be an indicator of aggressive, risky, or inattentive driver behavior. The most common cause is following too closely. Many drivers are under delivery time windows and pressures or Hours of Service limitations. Although they may feel rushed, following too closely does not translate to saving time. Try using this as a coaching moment on the proper practice of maintaining an optimal following distance.