



# Basics for the voluntary commitment on accident prevention



[www.hellwach-mit-80kmh.de](http://www.hellwach-mit-80kmh.de)

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**Verlag  
Waldkirch**



[www.verlag-waldkirch.de](http://www.verlag-waldkirch.de)

## The 10 Max Eighty Rules

explained by **Dieter Schäfer**  
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A question of professional ethics but also of  
corporate culture:

Rule by rule with comments.

You will say, that goes without saying!

Really?

Then EVERYTHING would be good.



Breaks ...always observe and use sensibly!

## Rule No. 1 Breaks and rest

Are you under stress? Do you sleep badly and never really feel rested? Have you ever caught yourself briefly closing your eyes while driving? Do something about it. Reduce your stress level. Get advice – for example from the colleagues at ver.di – Kraftfahrerkreise Deutschland. ([www.kraftfahrerkreise.de](http://www.kraftfahrerkreise.de)) or from docstop.eu ([www.docstop.eu](http://www.docstop.eu)).

Pay attention to your diet. Always get enough oxygen during your breaks. Seek advice from your doctor early on.



## Rule No. 2

### Talking on the phone while driving

I have a hands-free kit! I make regular calls on the road! I can do this! You can?

Ask yourself after the next intense exchange with your colleague what you noticed of the traffic in front of you while chatting?

No brain can multitask like a computer. If you do two things at once, attention is divided. This can cost you valuable reaction time. So, despite hands-free talking – keep it short.

Making a phone call – Any phone call is distracting!!! ...only with hands-free equipment and only when it is really important.



Boring?!!! ...are taboo when driving!

### Rule No. 3

#### Social networks against monotony

Once again, the overtaking ban doesn't want to end. The monotone tailgating is annoying. I have to do something or I'll have a crisis! Is there anything new in my timeline? Who has liked my post? I have to comment immediately!

21 - 22 - 23 ... **dead!**

Social media while driving is taboo.



New order! Hands off the navigation system! You are distracted.

## Rule No. 4 Navigation apps

Do you actually have a navigation app suitable for HGVs?

Don't rely on Google Maps.

You can get stranded on a cycle bridge, a country lane, a dead end or in front of a bridge that is too low.

That's not only embarrassing. It can also be quite expensive.

Find out, the apps are not that expensive.



## Rule No. 5

### Multitask while driving

Do you like to read an exciting book on the side? You always have the road in the corner of your eye. As long as it's rolling, it doesn't matter.

But, remember, if you do two things at once, your brain will divide your attention. This can cost you valuable reaction time. And even if you are still being overtaken at full speed in the middle and left lanes, a tailback may already have formed in the right lane as you approach a motorway junction. So – always keep your eyes on the road.



## Rule No. 6

### The driver's cab as a dining kitchen

My cab is my living room – sometimes my kitchen. The smell of freshly brewed coffee from the machine on the dashboard is incomparable. The first sip is a pleasure. What if you suddenly have to brake hard and the cup slips out of your hand and the boiling hot coffee pours into your crotch? So – please, not while driving!



Alcohol – does not go at all! – Medication  
Are you sure you can drive with this? Better you ask!

## Rule No. 7

### Alcohol and other intoxicating substances

If your senses are clouded, you take full risk!

Your ability to react is slowed down. This increases the force of the impact. With the thrust of 40 tonnes behind you, this is often fatal. Professional drivers and alcohol are not an option.

With drugs, ask about the effects.

And remember, if you meet a drunk driver at work, looking away is not the answer.



## Rule No. 8

### The cab as changing room

Phew – warmer than expected. Let's put on something lighter. I've got lane departure warning and adaptive cruise control. Your confidence is incredible – and what if the car in front has to pull over? Don't do that, safety first!



## Rule No. 9 The Grip Reflex

You know the reflex,  
Your mobile phone falls out of your hand  
the packet of cigarettes falls down  
the smouldering cigarette falls down  
...

You automatically reach for it.  
But if you want to pick up the object in the driver's cabin, your  
head is below the line of sight.  
You can also tear the steering wheel.  
The consequences can be fatal. Leave it!



The Max Eighty Commandment  
-driving up -thrusting -too fast. Don't go! You have 40 tons of responsibility!

## Rule No. 10

### The Max Eighty Commandment

The older ones still know him, the captain of the road. The motto was „Long-distance – Fast – Good“ and the advertising posters read: „Take your time and not your life“.

Away from the romance of the long-distance driver, the management idea of „just-in-time“ is scourging today's professional drivers.

Daily traffic jams, endless overtaking bans, inflexible time slots at the ramps, oversized egos among the so-called supertruckers, low-wage competition from Eastern Europe, lost solidarity and, last but not least, pure job thinking turn many truck drivers into lone wolves. There is a lot of ranting, a lot of knowing better, but little change.

What happened to the idea of partnership and mutual consideration in road traffic? Hasn't the stronger always been the nobler? The cyclists' lobby, in its quest for a traffic turnaround, insists that the weaker must not give way to the stronger if he is in the right. Car drivers berate lorry drivers for spoiling their free ride and faster progress every time they overtake. Some lorry drivers deliberately keep the gap to the vehicle in front small so that no one interferes with them and they are not passed to the rear. In doing so, they stubbornly have their foot on full throttle and do not think about slowing down briefly and in partnership. In this globalised, pandemic-braked world, aren't we all dependent on each other?

Think about it!  
Consideration and serenity will reduce your stress level.

**You will feel better.**

**Join in – become one of the [Max Eighties](#). Actively help to end the sad and unnecessary deaths at the end of traffic jams.**



Therefore:  
always clarify your route with regard to permanent road works.  
Don't be surprised by the end of a traffic jam.  
Drive with foresight and consideration.

We wish you a safe and accident-free journey – we, the

**Max Eighties**

**Dieter Schäfer** was the head of the traffic police in Mannheim for many years and was responsible for the motorways around the Walldorf intersection.

A fatal and avoidable truck accident with four dead car occupants on Shrove Monday 2018 was the reason for founding the association „Hellwach mit 80 km/h e. V.“ (Wide awake at 80 km/h), which originated from members of the Mannheim Port Club and now includes several companies from the logistics sector as well as associations and service providers.

The aim of the association is to reduce accidents at the end of traffic jams on German transit routes in the light of Vision Zero.

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