# In-Cab Nudges: What You Need to Know

**Overview:** In-Cab Nudges are gentle reminders that help drivers stay safe on the road. These are real-time alerts that let you know if you're doing something that could be unsafe and gives you the chance to correct your behavior before anything is sent to the safety inbox.

**How Do They Work?** The dashcams and sensors detect certain driving behaviors. If something needs attention, you should hear a quick alert (nudge) in the cab. These nudges are meant to help, not punish—they're friendly reminders to stay safe.

**What Will Trigger a Nudge?** You ***might*** hear a nudge if you:

- Exceed the speed limit
- Follow too closely behind another vehicle
- Brake or accelerate too hard
- Forget to wear your seatbelt
- Use your phone while driving
- Roll through a stop sign
- Show signs of drowsiness
- Nudges DO NOT impact score

**Speed-Related Nudges**

- A nudge is triggered if speed reaches 5 mph over the limit for 60 seconds
- 5–9 mph over the limit for 60 seconds = **Moderate Speeding** (impacts score)
- 10+ mph over the limit for 60 seconds = **Heavy Speeding** (impacts score)

**Drowsiness Nudges**

- For Safety awareness only
- **DO NOT** affect driver scores

**Distracted Driving Nudges**

- Reviewed by the Safety Admin
- Dismissed if no policy violation is found, and does not impact score
- For example: a yawn can trigger an alert, which is not a policy violation

**What Happens Next?**

- You are **allowed 2 nudges within a 12-hour period** before anything is sent to the safety team for review. ***If unsafe behavior continues after 2 nudges your score will be impacted.***
- **Exception: Nudges without an assigned driver are automatically sent to the safety inbox, even if it's the first event.**

**Purpose of In-Cab Nudges**

- Real-time alerts that encourage safe driving habits
- Intended as helpful reminders—not disciplinary actions
- Promote safety, reduce risk, and reinforce positive driving behavior
- Prevents accidents and promotes safer roads
- Helps reduce maintenance costs and improve fuel efficiency
- Encourages accountability and creates a proactive safety culture

**Remember:** In-Cab Nudges are like having a co-pilot looking out for you. They're here to help you drive safely, not to get you in trouble. The system isn't perfect and shouldn't replace good driving habits—it's a tool to help retrain and reinforce safe driving practices.

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