

# Want to be a pro?

## Bring the right attitude - Wear the right equipment

Hockey may be all about the attitude, but along with it comes a lot of padding. Hot tempers sell hockey tickets, but a cool temper and the right safety gear protects the career of a trucking professional.

Even if you aren't defending the crease from an 100 mph puck, you need to play so you can stay in for the long haul!

### *His game plan*

The team depends on him to defend the crease. Without his gear he wouldn't be defending it for long!



### *Your game plan*

Following your company's safety policies protects you from harm and keeps you performing at your best. Your team depends on you, too.



His face mask

Your safety glasses

His blocker pad

Your gloves

His composite-toed skates

Your steel-toed boots

**Stay safe so you can stay in the game!**

Visit [www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org) for more information on how to reduce your risk of injury.