

Defensive Driving



Session Objectives

- * You will be able to:
 - * Identify driving hazards
 - * Understand defensive driving techniques
 - * Use defensive driving techniques to prevent
 - * accidents and injuries on the road

Driving Safety Statistics

- * Someone is injured every 18 seconds
- * Over 2 million injuries annually are disabling
- * A person dies in a crash every 11 minutes
- * Motor vehicle accidents are the most common cause of death
- * 1 in 4 fatal work injuries involves a vehicle accident



Driving Hazards

- * Reckless driving
- * Distracted driving
- * Fatigue
- * Aggressive driving
- * Failure to keep vehicles in good operating condition
- * Driving under the influence



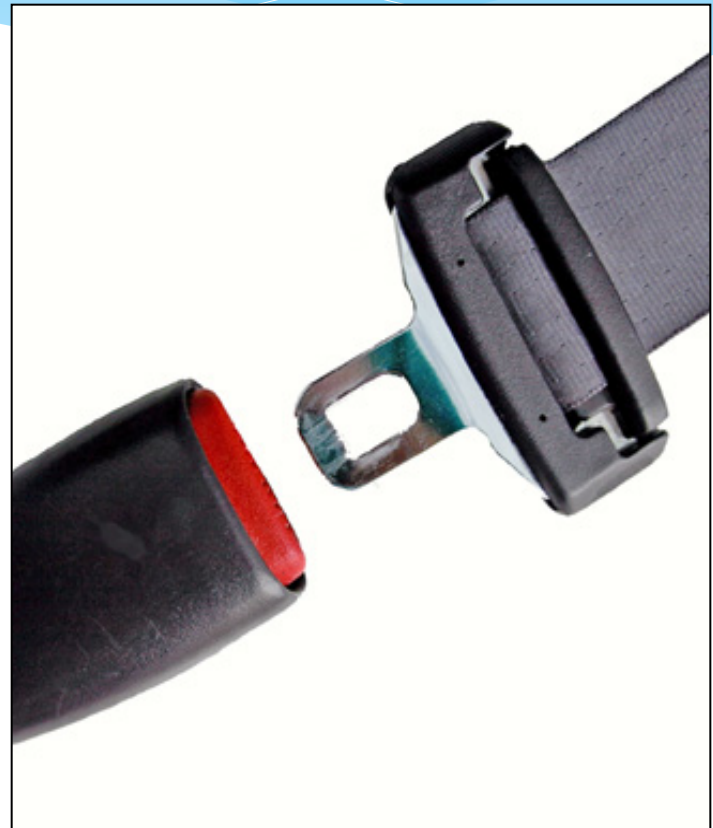
Driving Hazards: Dangerous Conditions

- * Bad weather
- * Difficult road conditions
- * Poor light or glare
- * Heavy traffic
- * Road work
- * Accidents



Seat Belts

- * Save over 100,000 lives each year
- * Prevent contact with the steering wheel, dash, or windshield
- * Keep you inside vehicle and behind the wheel
- * Improves chance of remaining conscious



Vehicle Maintenance

- * Regular tune-ups
- * Oil changes
- * Fluid levels
- * Brakes
- * Tire treads and pressure
- * Lights, signals, and wipers



Pre-Drive Inspection

- * Walk-around inspection
- * Tires
- * Leaks under vehicle
- * Windows clean, nothing blocking vision
- * Mirrors properly adjusted
- * Lights working properly




Carrying a Load?

- * Don't overload your vehicle
- * Make sure everyone has a seat and a seat belt
- * Make sure cargo is properly secured
- * Be certain your vision is not blocked



Driving Hazards:

* Identify three driving hazards caused by human error

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- ☒ Reckless driving
 - ☒ Distracted driving
 - ☒ Fatigue
 - ☒ Aggressive driving
 - ☒ Vehicles in poor operating condition
 - ☒ Driving under the influence

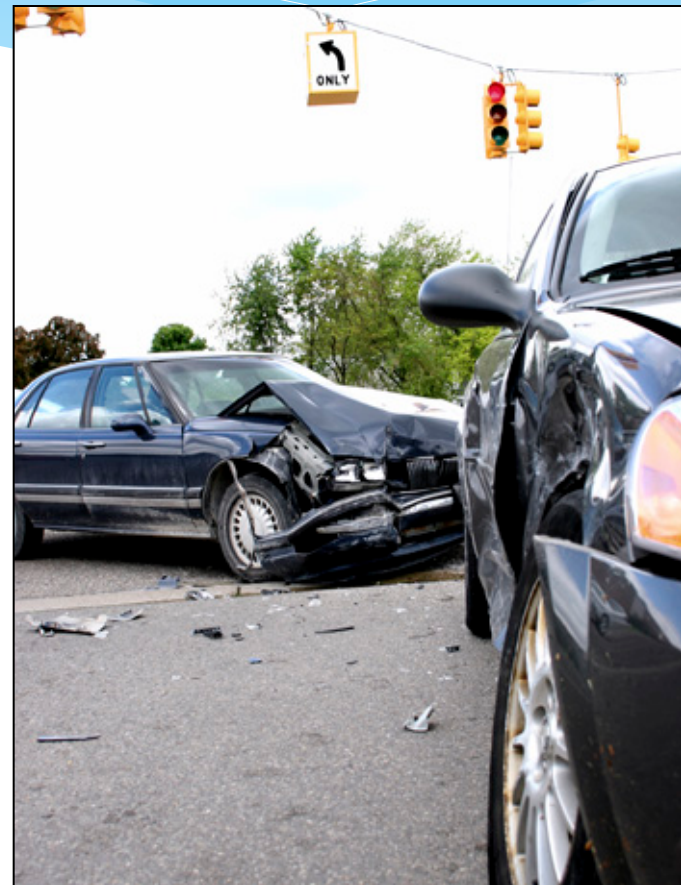
Driving Hazards

- * Do you understand the variety of driving hazards you could face on the road?



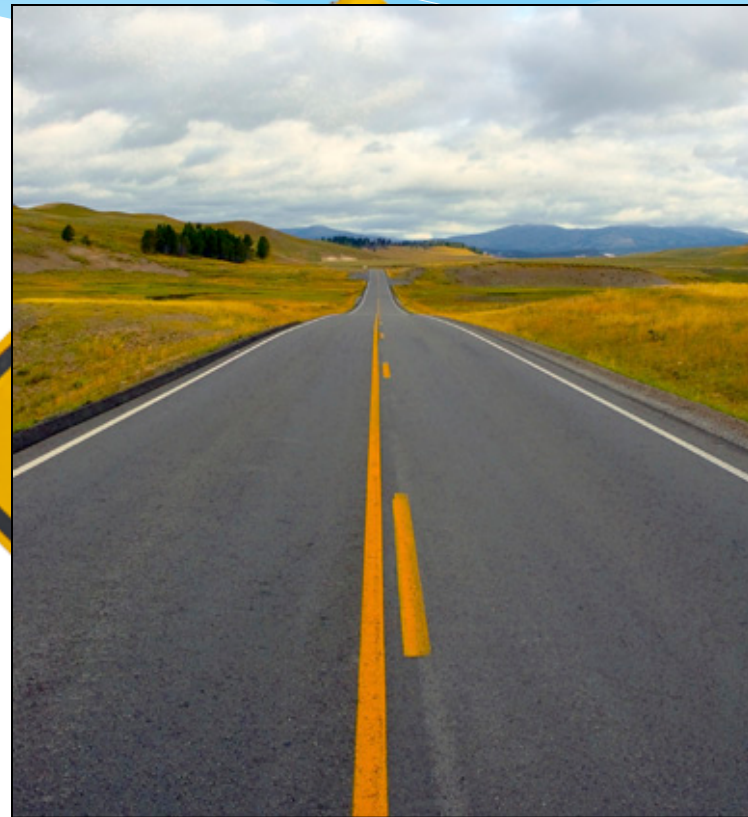
Avoid Collisions

- * Head-on collisions
- * Hit from behind
- * Hitting the driver in front
- * Side collisions



Obey Traffic Rules And Use Common Sense

- * **Speed limits**
- * **Traffic signs and signals**
- * **Follow the 2-4 second rule**
- * **Signal your intentions**
- * **Pass with care and only where allowed**



Keep Alert and Be Prepared

- * Keep your mind on your driving and your hands on the wheel
- * Scan the road ahead for problems
- * Check mirrors frequently
- * Expect the unexpected
- * Yield to other drivers who are determined to get there first

Adjust to Weather And Road Conditions

- * Slow down
- * Turn on lights and wipers
- * Increase following distance to 4-6 seconds
- * Avoid puddles
- * Beware of misty rain after a dry spell
- * Beware of icy patches



Be Extra Careful at Night

- * Keep windshield clean to improve vision
- * Turn lights on 1/2 hour before sunset
- * Increase following distance to 4 seconds
- * Be extra careful on curves and at intersections
- * Switch from high to low beams to keep from blinding other drivers
- * If you have trouble, pull completely off the road and use flashers

Watch Out for Fatigue

- * Be especially careful during late night, early morning, and mid-afternoon hours
- * On long trips, Stop and take stretch breaks
- * Avoid medications that cause drowsiness



Keep Cool in Traffic

- * Keep your emotions in check
- * Take steps to stay relaxed no matter what
- * Allow enough time to get there
- * Don't provoke other drivers



Don't Drink or Take Drugs and Drive

- * **Alcohol and drugs impair:**

- * Ability to determine distances
- * Reaction time
- * Judgment
- * Vision



Key Points to Remember

KEY POINTS To Remember!

- * Maintain your vehicle in good condition
- * Know the driving hazards you may face on the road
- * Always wear a seat belt
- * Follow traffic rules and obey signs & signals
- * Be a safe and defensive driver every day