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 14 seconds
• Over 2 million injuries annually
• A person dies in a crash every 16 minutes
• Motor vehicle accidents are the most common cause of work-related 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

- Saved hundreds of thousands of lives
- Prevent crashing into steering wheel, dash, or windshield
- Keep you inside vehicle
- Protect body organs
- Improve chance of remaining conscious
- Keep you behind the wheel if you have to swerve or brake suddenly
Vehicle Maintenance

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

- Walkaround 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: ID Test

Identify three driving hazards caused by human error

- Reckless driving
- Distracted driving
- Fatigue
- Aggressive driving
- Vehicles in poor operating condition
- Driving under the influence
Driving Hazards: ID Test (cont.)

Identify three driving hazards caused by dangerous conditions:

- Bad weather
- Difficult road conditions
- Poor light or glare
- Heavy traffic
- Road work
- Accidents
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 3-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 seconds
• Avoid puddles
• Beware of misty rain after a dry spell
• Be prepared to handle a skid safely
• 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
• Stop, take a nap, and drink coffee if you’re tired
• Stop every so often over long distances
• 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
- Report aggressive drivers to the police
Don’t Drink or Take Drugs and Drive

Alcohol and drugs impair:
• Ability to determine distances
• Reaction time
• Judgment
• Vision

Remember:
• Only time, not coffee, will sober you up
• Ride with a designated driver
If You’re In an Accident, Get the Following Information Before Leaving the Area:

• Date, Time, Place

• Your vehicle - year, make, model, tag

• Describe the Accident. Include:
  • Direction each vehicle was traveling, weather conditions
  • Details of accident

• For all individuals include: name, address, employer, home and work phone. Describe injuries claimed and observed; ID hospital, if applicable
  • Insured (State Employee) driver
If You’re In an Accident, Get the Following Information Before Leaving the Area (continued):

- Your passengers
- Other driver(s)
- His/her passengers
- Witnesses

- Other vehicles(s): year, make, model, tag, insurance company and policy number

- Police: agency, officer, citations issued (?), to whom?
Defensive Driving Techniques: True or False

T  You should keep 3 to 4 seconds behind the vehicle in front.

F  If you go into a skid, turn the wheel in the opposite direction you want the front of the vehicle to go.

F  If you’ve had too much to drink, a couple of cups of coffee will sober you up.

T  Many drowsy driving accidents occur in mid-afternoon hours.
Defensive Driving Techniques

• Do you understand the information about defensive driving techniques?
• Know the driving hazards you can face on the road
• Maintain your vehicle in good condition
• Always wear a seat belt
• Follow traffic rules and obey signs and signals
• Be a safe and defensive driver every day
• Know what to do if involved in an accident