Defensive Driving Tips Meeting Kit

WHAT IS DEFENSIVE DRIVING?

Defensive driving can save lives. It means staying alert, avoiding distractions, and being ready for anything—such as an erratic driver, bad weather, road hazards, slow moving vehicles, and other issues. It also means avoiding bad habits.

WHAT IS A DEFENSIVE DRIVER?

Avoid the following actions:

- Aggressive driving
- Tailgating
- Drowsy driving
- Speeding
- Moving in and out of traffic

Use these safe driving practices:

- Being aware of blind spots.
- Slowing down at all intersections.
- Maintaining a safe following distance.
- Minimizing all distractions.

BASIC DEFENSIVE DRIVING RULES FOR EMPLOYEES

When you think of safety hazards and injuries, you probably focus on what goes on during work. But one of the greatest threats to worker safety is in the parking lot. Whether we drive on the job or commute to work by car, defensive driving is a must for all employees at all levels in a company. Here are some basic rules of defensive driving to remember and practice:

- Buckle up for safety.
- Follow traffic rules, signs, and signals.
- Keep your eyes on the road, your hands on the wheel, and your attention on traffic.
- Check your rear-view and side mirrors frequently.
- Adjust your speed and driving to changing weather and traffic conditions. Increase your distance between you and the vehicle in front of you.
- Expect the unexpected and be especially alert in heavy traffic for sudden stops, vehicles passing or moving in and out of lanes, road debris, and work zones.
- Keep cool, yield right of way, and do not get into disputes with other drivers.
- Pull over into a safe area to make or receive phone calls.
- Do not drink or take drugs and drive.
- Be extra cautious when your vehicle is in reverse.
- Look ahead at least 10 seconds, 1/4 mile, or to the next intersection or curve.
- Scan any traffic behind you frequently.
- When necessary, reduce your speed.
- Have caution when nearing intersections.
- Be aware of what other drivers do.
- Notify other drivers of what you plan to do.
- Prevent sudden changes in speed or direction.
- Lightly brake when trying to stop on a slippery surface and do not pump ABS brakes. – Do not use cruise control on slippery or icy roads.
- Patiently adjust to the flow of traffic.
- Scan your blind spot before changing lanes.
- Be cognizant of other vehicles changing lanes.

Safety Count

Have a safe following distance, which should range between 2 and 4 seconds depending on weather and other driving conditions. When analyzing this safe distance, watch the vehicle ahead of you pass a specific mark. Proceed to count “one-thousand-one, one-thousand-two., etc.” up to 4.

CRASH PREVENTION TECHNIQUES FOR EVERY EMPLOYEE

The key to any good defensive driving strategy is knowing how to avoid traffic crashes and recognize potential hazards before it is too late. That is why defensive driving courses tend to present a lot of information on crash prevention techniques.

In a typical defensive driving course, employees learn crucial crash prevention techniques that include:

- Scanning the roadway and adapting to surroundings
- Employing two-second rule for following
- Knowing your vehicle’s stopping distance
- Being aware of reaction distance
- Environment hazards
- Vehicle emergencies
- Sharing the road
- Passing and necessary clear distance
- Right of way
- Speed adjustments and railroad crossings

FINAL WORD

Whether you are driving to your local supplier or on a long road trip interstate, your safety must be a priority. Defensive driving skills take account of road conditions and the actions of others to help you avoid potential hazards. By employing these techniques, starting before you get into your vehicle, you’ll minimize your risk on the road.