Defensive Driving

This section addresses motor vehicle accident prevention through specific defensive driving techniques.

According to the National Vital Statistics Report, motor vehicle crashes are the number one cause of accidental death in the United States. In addition, vehicle accidents are also the number one cause of work-related fatalities. By utilizing defensive driving techniques one can reduce the probability as well as the severity of accidents.

Drive Defensively by Avoiding

- Reckless Driving
- Distracted Driving
- Fatigue
- Aggressive Driving
- Insufficient vehicle condition
- Driving under the influence of drugs or alcohol

Defensive Driving Techniques

- Obey speed limits, signs, signals and traffic rules
- Follow the 2 second rule (stay at least 2 seconds behind a vehicle)
- Drive cautiously, and signal intentions (i.e. blinkers for lane change, turns etc)
- Keep an eye on traffic trends ahead of you and check mirrors often
- Slow down in inclement weather – or avoid driving in severe weather
- Always be alert and be aware or your vehicle

Be informed- take a certified defensive driving class