



Defensive Driving

Monthly Training Topic
NV Transport Inc.
Safety & Loss
Prevention



Introduction

According to the National Safety Council

“Every accident in which a driver is involved shall be considered preventable unless there was no action, which the driver could have reasonably taken to avoid the accident and that, his actions in no way contributed to the occurrence of the accident. The driver must drive in such a way that he commits no errors himself and so control his vehicle to make due allowance for the condition of the road, the weather or the traffic, and so that mistakes of other drivers do not involve him in any accident.”

A preventable collision is defined as “ Any accident involving a vehicle which results in property damage and/or personal injury, regardless of who was injured, what property was damaged, to what extent, or where it occurred, in which the driver in question failed to exercise every reasonable precaution to prevent the accident.”



Facts & Statistics

Number of fatal crashes has decreased approximately 15% over a 15 year period

Some major causes of motor vehicle collisions are Distracted Driving, Driver Fatigue, Drunk Driving, Speeding and Aggressive Driving

More than 2 million people are injured in traffic crashes/collisions each year

More than 33,000 people die in traffic crashes/collisions each year. This comes down to approximately 100 people/ day, 15 people/ hour, 1 person every 5 minutes

Motor Vehicle Collisions are the number one cause of occupational deaths



The above facts and statistics are obtained from one or all of the following websites: The AAA Foundation, The Federal Motor Carrier Safety Administration, The National Highway Safety Administration, The National Safety Council

Defensive Driving Defined



Defensive Driving is a form of training that goes beyond mastery of the rules of the road and the basic mechanics of driving.

The goal is to reduce the risk of driving by anticipating dangerous situations, despite adverse conditions or the mistakes of others. This can be achieved through adherence to a variety of general rules, as well as the practice certain driving techniques.

The driver must operate in such a way that he/she:

- ***Commits no errors himself***
- ***Controls his vehicle to make due allowance for the condition(s) of the road, the weather or the traffic***
- ***Controls his vehicle to make due allowance to avoid the mistakes made by others***

If a driver is only paying attention to his/her own skills, he/she is Driving offensively, not defensively. An offensive driver is not a safe driver.

Ways to Drive Defensively

The next several slides will present some information on ways to drive defensively. Each slide will cover the following topics:

- *Avoiding Distractions*
- *Recognizing Hazards*
- *Speed Management*
- *Space Management*
- *Communication*
- *Emergency Maneuvers and Escape Routes*



Avoiding Distractions

A defensive driver will avoid all distractions while operating his/her vehicle. Driving should be the ONLY task on the drivers mind while operating a vehicle.

Different Types of Driver Distractions

- ***Texting***
- ***Rubbernecking***
- ***Driver fatigue***
- ***Talking on a cell phone***
- ***Talking with passengers***
- ***Using the radio***
- ***Using a map/GPS***
- ***Eating and drinking***
- ***Smoking***



It is also important to recognize these distractions in other drivers. You must assume that the other drivers are not paying attention. Distracted and inattentive drivers are your toughest safety challenge. Get in the habit of recognizing the actions of inattentive/distracted drivers. Think ahead and ask yourself “What if?”

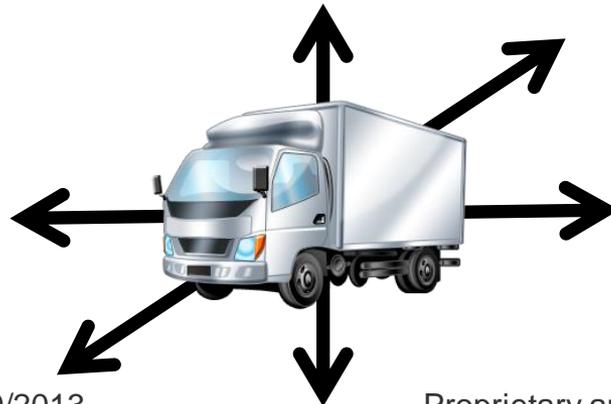
Recognizing Hazards

Your vehicle has 6 sides:

A defensive driver knows what is going on in front of, behind, both sides, above of and underneath of the vehicle at all times. Make a habit of constantly scanning the environment around your vehicle. This is referred to as a visual scan

Components of a visual scan:

- ***Area of sight around all 6 sides of your vehicle***
- ***Use your mirrors - keep them clean and properly adjusted***
- ***Use distance scanning when applicable - looking 1 or 2 blocks ahead will give you additional time to respond to and react to a hazard (it will also help reduce fatigue***
- ***Critical times for enhanced scanning: Crosswalks, intersections, school zones***



Speed Management

Speed Management

- ***“Speeding” is defined as...***
 - ***Traveling over the posted speed limit***
 - ***Traveling too fast for conditions***
- ***The consequences of excessive speed***
 - ***Accidents are more likely to happen***
 - ***Damage is more costly***
 - ***Fatalities are more common***



A common belief is if vehicle is going slower than the vehicles around them, this will contribute to accidents.

The Insurance Institute for Highway Safety has documented studies that illustrate that this is not the case.

The fact is that as speed increases - so does the severity of the accident.

Space Management

Most of us understand that as vehicle speed increases so does the distance required to stop the vehicle.

Managing the space in front of your vehicle to allow sufficient stopping distance is a critical part of defensive driving.

Total Stopping Distance Includes:

Driver Perception Time

- The time it takes the driver to see the hazard, and the brain to recognize that it is a hazard. This perception time can be as long as $\frac{1}{4}$ to $\frac{3}{4}$ of a second.***

Driver Reaction Time

- The time it takes the body takes to move the foot from accelerator to brake pedal. The reaction time can also be as long as $\frac{1}{4}$ to $\frac{3}{4}$ of a second.***

Vehicle Braking Time

- The time it takes for the vehicle to stop once applied***

Perception Time

+

Reaction Time

+

Braking Time

Stopping Distance

Communication

Communication: Communicate your actions clearly and early

- ***Always use your signaling devices to communicate your intentions:***
 - ***Right and left turn signals***
 - ***Gently use your horn***
 - ***Use your lights (even in daytime and especially in rain, fog, snow, etc.)***
- ***Allow others the space and time to react to your signals. Understand the other driver may not see your signals immediately. Give others time to notice the signal and react accordingly***



Emergency Maneuvers & Escape Routes

Emergency situations happen suddenly and unexpectedly. A defensive driver will find and use the best escape path possible. Remember to not panic or slam on your brakes.

If an emergency maneuver is required, there are typically two possible routes:

- ***Another traffic lane***
- ***Road shoulder or ditch***

Three typical emergency situations are:

- ***Oncoming traffic***
- ***Stopped or converging traffic***
- ***A front tire blowout***

Always have an escape route

- ***Plan ahead and be aware of possible hazards that could cause you to take action.***
- ***Identify areas, or actions that could help you avoid hazards and put distance between you and dangerous situations.***
- ***Always allow yourself enough space to react and adapt to changing traffic situations.***



Professional Drivers

*Always remember, YOU are a **PROFESSIONAL DRIVER**. You have years of experience and have received training and information that allows you to recognize and react to dangerous situations and hazards on the road.*

It is not realistic to assume that other motorists are able to recognize the same hazards and have the same knowledge and ability to react to them.

As a professional driver, it is your job to always drive defensively



Quiz

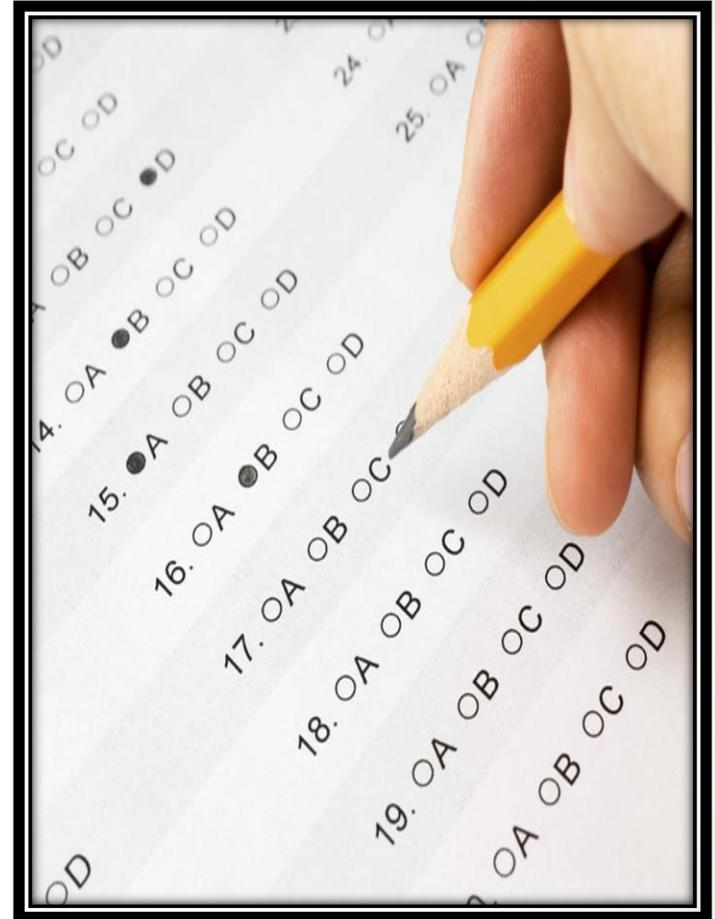
1. **True or False?** *Defensive Driving is a form of training that goes beyond mastery of the rules of the road and the basic mechanics of driving.*
2. **True or False?** *A defensive driver has absolutely no responsibility if another driver makes a mistake.*
3. **What type of driver only pays attention to his/her own skills?**
 - A. *Defensive Driver*
 - B. *Offensive Driver*
 - C. *Good Driver*
 - D. *None of the above*
4. **How can a vehicle operator drive defensively?**
 - A. *Avoiding distractions*
 - B. *Recognizing hazards*
 - C. *Managing their speed and space*
 - D. *Communicating with other drivers on the road*
 - E. *All of the above*
5. **True or False?** *It is important to recognize distractions in other drivers.*

Quiz

6. **Your vehicle has _____ sides.**
- A. 4
 - B. 5
 - C. 6
 - D. 8
7. **True or False?** You are breaking the law if you travel 1mph over the speed limit
8. **What components make up a vehicle stopping distance?**
- A. Driver perception time, driver reaction time, vehicle stopping distance
 - B. Driver perception time, driver mental time, vehicle stopping distance
 - C. Driver perception time, driver reaction time, vehicle braking distance
 - D. None of the above
9. **True or False?** It is important to communicate your intentions clearly and early to allow others the time needed to react.
10. **True or False?** Your job as a professional driver is to drive defensively.

Quiz Answers

1. *True*
2. *False*
3. *B*
4. *E*
5. *True*
6. *C*
7. *True*
8. *C*
9. *True*
10. *True*



Question or Comments?



Additional Information on Rules and Regulations

This document is intended to be a guide on applicable rules and regulations. Although it may be used as a guide/reference for your training needs, this document is not intended to be used as the standard for FMCSA rules and regulations.

Additional information can be found on the FMCSA website.

The FMCSA website will contain the most accurate and up-to-date information on any and all applicable rules and regulations.

<http://www.fmcsa.dot.gov>

