



Defensive Driving

Defensive driving is the ability to reduce the risk of accident or collision by anticipating dangerous situations, despite adverse conditions and the actions or mistakes of others. This can be achieved through adherence to a variety of general rules and incorporating a set of specific driving techniques.

Defensive Driving Tips

1. Inspect your vehicle to evaluate its condition prior to getting on the road.
2. Secure any loose items in your vehicle. Do not attempt to catch or stop items from sliding around when your vehicle is in motion.
3. Look ahead at least 15 seconds and anticipate any upcoming hazards you may have to avoid. This means looking ahead two to three blocks in city traffic or .25 to .40 miles while traveling 60 mph. Upcoming hazards would include drivers merging onto road, cross traffic, upcoming stop signs or lights, etc.
4. Always keep your eyes moving. Avoid focusing on any one object for more than 2 seconds, and scan mirrors every 5 to 8 seconds.
5. Maintain at least a 4-second gap between your vehicle and the object in front of you. Find an object on the side of the road that is the same distance as the vehicle you are following and counting "one, two, three, four." If you have not yet passed that object, you have the proper following distance.
6. During inclement weather, you may have to increase this distance.
7. Always give yourself an out. Provide yourself with space around your vehicle so you can maneuver should an emergency present itself.
8. Make sure others see you. Always use your turn signals and lights, and make eye contact, if possible. Signal your intentions well in advance of making turns or changing lanes.
9. Stop prior to stop signs and then roll forward slightly to get a better look in each direction.
10. Do not use your cell phone while driving.
11. Follow the speed limit and pay attention at all times.

Remain alert!

A defensive driver is a safe driver.

Date of Safety Talk _____

Company _____

Talk given by _____

Signature _____

Attending Employees:

_____	_____
_____	_____
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Notes:

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