SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

Defensive Driving

In all cases, while operating a motor vehicle, drivers should practice defensive driving techniques. Defensive driving is the art of driving so as to prevent and avoid traffic crashes, regardless of the unsafe conditions and actions created by other drivers and adverse road and or weather conditions.

A good defensive driver will practice the following eight techniques:

- 1. Glance well ahead in the direction of travel. Look 2 or 3 vehicles ahead to observe driving conditions in front of you. This allows you to consider a condition before you reach it.
- 2. Get the "big picture"; learn to see the entire roadway. Sweep the scene, sides and back. Avoid "tunnel vision". Keep your eyes moving; Position vehicle slightly offset to traffic to increase your field of vision.
- **3.** Always allow an escape route, leave a cushion by slowing or moving ahead of the vehicles beside you.
- 4. Keep your vehicle visible and signal your intentions early.
- 5. When stopped prior to making left turns across incoming traffic leave wheels straight to prevent being pushed into oncoming traffic in the event of a rear-end crash.
- 6. When entering intersections practice looking left/right/left. Be sure to come to a full stop before proceeding.
- 7. Learn to compensate for hazards such as weather, debris, potholes, loose gravel, or sand.
- 8. ALWAYS maintain a cautious driving attitude.

Frequent Distractions

There are three main types of distraction:

- Visual taking your eyes off the road
- Manual taking your hands off the wheel
- Cognitive taking your mind off what you're doing

Texting is the most alarming distraction because it involves manual, visual, and cognitive distraction simultaneously. Sending or reading a text takes your eyes off the road for 4.6 seconds. At 55 mph, that's like driving the length of an entire football field, blindfolded. It's extraordinarily dangerous.



Tips to Reduce Motor Vehicle Accidents:

- Do a quick walk around your vehicle to evaluate the condition of your vehicle prior to getting on the road.
- Secure all loose items in your vehicle. Do not attempt to catch items sliding around in your car.
- Always keep your eyes moving, constantly looking at your side and rear view mirrors, up, behind and to both sides of the vehicle. Maintain a visual of 2-3 car lengths in front of you.
- When changing lanes, physically turn your head around to check your blind spot. Followed by checking your side and rear view mirrors.
- Always look out for motorcycles, bicycles, pedestrians and smaller vehicles.
- Leave at least 2 seconds in front of you and the car in front of you. During inclement weather, increase this to at least 5 seconds.
- Always give yourself an out. Avoid remaining next to other automobiles, move ahead or drop behind them to allow yourself room for maneuvering in case something happens.
- Stop prior to stop signs and then roll forward slightly to get a better look in each direction.
- Avoid using a cell phone.
- Always use signals and be sure to signal ahead of time to communicate your intensions to other drivers.
- Refrain from driving while suffering from emotional distress or tiredness. Stop for fresh air or move around in order to wake up.
- Wear your seatbelt.
- Be predictable; avoid multiple lane changes at once and last minute turn signal notifications.
- Observe and abide by all traffic laws.
- PAY ATTENTION, or else it may be too late!!

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