

# SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

## 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.



