



DEFENSIVE DRIVING

TOOLBOX TALK SERIES – VEHICLE SAFETY

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Defensive driving – a skill that's not only vital for our safety on the road but also for the safety of others. No matter how experienced we are as drivers, adopting a defensive driving mindset can significantly reduce the risk of accidents and help us arrive safely at our destinations.

What is Defensive Driving?

- Defensive driving means staying aware, focused, and prepared for unexpected situations on the road.
- It involves anticipating potential hazards, reacting calmly, and making safe decisions to prevent accidents.

The Dangers on the Road:

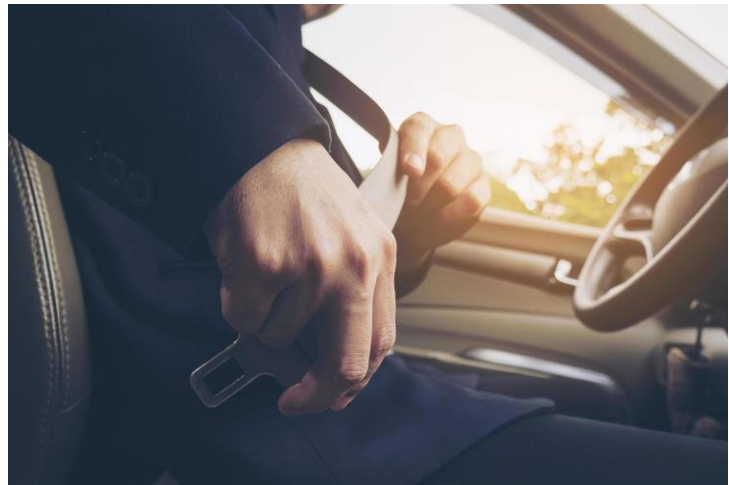
- Other drivers, pedestrians, cyclists, and unpredictable weather conditions are all potential hazards.
- Distracted driving, aggressive behavior, and impaired driving by others can put us at risk.

Defensive Driving Techniques:

1. **Stay Alert:** Keep your attention on the road and avoid distractions like texting, talking on the phone, or eating.
2. **Maintain Safe Following Distance:** Leave a minimum of three seconds' worth of space between you and the vehicle in front of you.
3. **Use Mirrors Regularly:** Check your mirrors every few seconds to be aware of your surroundings and blind spots.
4. **Anticipate Actions:** Predict what other drivers might do, such as sudden lane changes or unexpected stops.



5. **Obey Speed Limits:** Speeding reduces your reaction time and increases the severity of accidents.
6. **Use Turn Signals:** Communicate your intentions to other drivers by using your turn signals.
7. **Stay Calm:** Don't let road rage or aggressive drivers provoke you. Stay calm and focused on safe driving.
8. **Buckle Up:** Always wear your seatbelt, and ensure passengers do the same.
9. **Adapt to Weather:** Adjust your driving behavior for weather conditions – reduce speed in rain, snow, or fog.
10. **No Impaired Driving:** Never drive under the influence of alcohol, drugs, or any substance that impairs your judgment.



The Three-Second Rule:

- To maintain a safe following distance, use the three-second rule:
 - Pick a fixed point on the road ahead.
 - When the vehicle in front of you passes that point, start counting.
 - If you reach the same point before you finish counting to three, you're following too closely.

Defensive driving is not just a set of skills – it's a mindset that prioritizes safety for everyone on the road. By staying alert, anticipating potential hazards, and making safe decisions, we can reduce the risk of accidents and protect ourselves and others. Let's commit to practicing defensive driving every time we're behind the wheel. Remember, it's not just about getting to our destination; it's about arriving there safely.