

Defensive Driver Training

Vanderheyden

Why Do We Train?

- Motor Vehicle Collisions remain the leading cause of workplace deaths.
 - All Crashes:
 - 43,000+ drivers/passengers died
 - Over 3 million injuries
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VISIBILITY Statistics

- “Approximately 53% of fatal crashes occur at night or during other degraded visibility conditions.”

– US Dept. of Transportation



Reduced Visibility

- Windows may fog up during cool weather – NO “PORTHOLES”
- Make sure your defrosters work and are effective before leaving on a trip.



Accident Cause Triangle



Unsafe Acts




Acts of God



Unsafe
Conditions

Defensive Driving Characteristics


- Knowledge - of laws and safe driving strategies.
 - Alertness - to focus attention on driving and constantly changing conditions.
 - Foresight - to recognize hazards in advance.
 - Judgment - to decide safest action.
 - Skill - to carry out action.
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Understanding The Defense

- Beware of conditions
 - ice, snow, sleet, hail, wind, sunlight, darkness
 - stopping conditions
 - handling characteristics
 - Beware of environment
 - time of day
 - traffic mix
 - location
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Safety is in Our Own Control

- What are two driving conditions we can control?
 - 1) Ourselves
 - 2) Our vehicle
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Controlling Ourselves

Most aggressive driving behaviors are caused by the drivers own mood and reaction when they get behind the wheel



Common Irritants

- 1) Tailgating to pressure a driver to go faster or get out of the way
 - 2) Flashing lights in order to signal persons to move to another lane
 - 3) Obscene gesturing
 - 4) Changing lanes without signaling
 - 5) Blasting the horn
 - 6) Frequently changing lanes by weaving back and forth
 - 7) Racing to beat a yellow light that's about to turn red
 - 8) Traveling in the passing or left lane at a slower speed, making it impossible for others to pass
 - 9) Driving with the high beams on behind another vehicle or toward oncoming traffic
 - 10) Cutting people off
 - 11) Slowing down after passing someone
 - 12) Talking on the mobile phone
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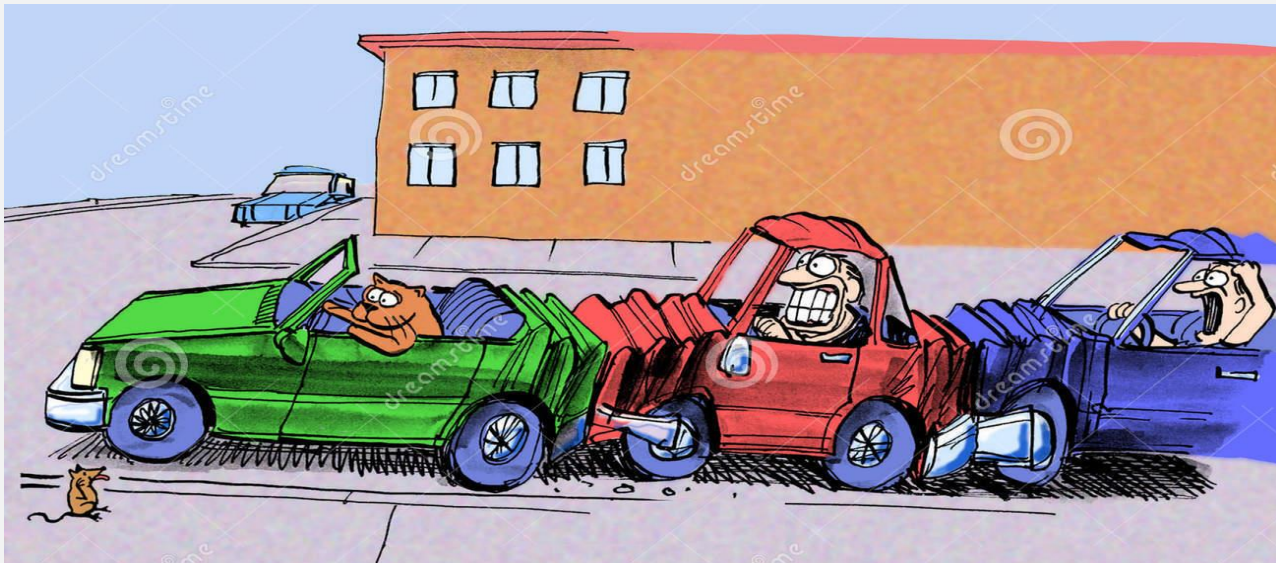
Controlling Your Vehicle

Understand that you can't control the traffic, you can only react.

- Use your horn sparingly.
 - Don't switch lanes without signaling.
 - Do not take more than one parking space.
 - Do not tailgate.
 - If you travel slowly, pull over and allow traffic to pass.
 - Avoid unnecessary use of high beam headlights.
 - Don't let the **cell phone distract you.**
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Total Stopping Distance

- Definition: The distance traveled from the initial perception of a hazard to the time it takes the vehicle to stop.



The larger the vehicle the longer it takes to stop:



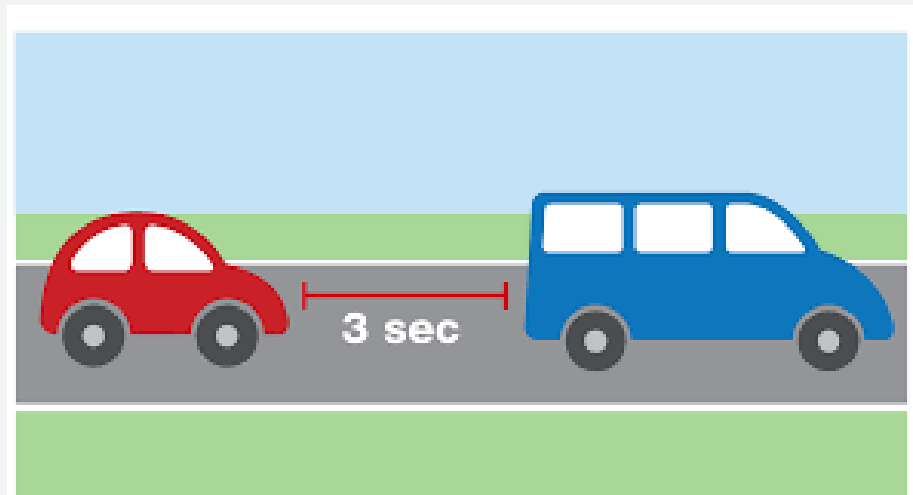
The 3 Second Rule

What is the 3 second Rule?

- Watch the car in front of you as it passes a fixed object (bridge, street sign, tree, etc.)
- Count “one thousand one, one thousand two, one thousand and three”

RULE: If you pass the fixed object before your finished counting you are too close!

- Disclaimer: Rule only applies in good weather



Congested Traffic

- Defensive Driving Steps When in Congested traffic:
 - 1) Move your vehicle to a curb lane (gives you an open area on one side of vehicle)
 - 2) Increase your following distance
 - 3) Cover the brake




Most Common Driver Errors

- 1) Speeding
 - 2) Right-of-Way Violations
 - failure to yield
 - disregarding signals / stop signs
 - 3) Turning Improperly
 - 4) Driving Left of Center Line
 - 5) Improperly passing
 - 6) Tailgating / following too closely
 - 7) Improper backing procedures
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Defensive Driving Steps to avoid speeding.

- Know the speed.
 - Don't speed.
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Backing Procedures

- Pull through when possible
 - Use spotter if available (especially for vans)
 - Be 100% sure nothing is behind you.
 - Check the blind spots and sides of vehicle.
 - Don't rely solely on back-up alarms or mirrors.
 - Turn down radio so you can hear your surroundings.
 - Roll down windows for more viewing options.
 - Proceed with caution.
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Accident Procedures

- **Follow Vanderheyden procedures.**
- **Assess the safety of the current situation.**
 - Cooperate with emergency personnel fully.
 - Provide information on your vehicle & other vehicles.
 - Provide information about the accident/describe accident.
 - Provide information about the injured parties.
 - Gather names of witnesses and bystanders.
 - Diagram incident & indicate area/s of vehicle damage,
 - **NEVER ADMIT FAULT OR GUILT**

Recap

- Preventable incidents are occurring
 - Opportunity for improvement
 - Reducing frequency will impact severity
 - Less claims will lead to best possible insurance rates
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DISTRACTED DRIVING

It's everybody's problem.

According to AAA ...

In 2009 ...

- ◎ **448,000 people** were injured in crashes involving *distracted driving*.
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- ◎ **80% of motorists** said distracted driving risks *their* safety ... but still admitted they drive distracted.

Distracted driving can no longer be
someone else's **problem.**

The solution needs

to start with **you.**



Focus on:

- Scanning the road.
- Checking your mirrors.
- Monitoring controls/ gauges.
- Operating safely.



So where do you begin?

You need to:

- **Commit** to not driving while you're distracted.
- **Watch** out for distracted drivers around you.
- **Respond** by managing distracted drivers once you spot them.

THE THREE TYPES OF DISTRACTED DRIVING AND HOW TO AVOID THEM



VISUAL



Keep your
eyes on the road.

Pull over to read
directions.

Put your **phone** in “**Do
Not Disturb**” mode.



MANUAL



Keep your
phone out of reach.

Make all adjustments
before driving.

Don't reach for items
while driving.



COGNITIVE



Avoid phone calls,
even hands-free.

Stay focused on the
road.

Keep your
emotions in check.

Texting while driving ...


**Is one of the
deadliest
distractions.**



**Has been
banned by
many states.**

“Safety-critical events” are less frequent for :

Those who *don't* text behind the wheel,



Those who choose *not* to break the law, and



Those who *simply know better.*

Handle your distractions by:



Dealing with them at your next
scheduled stop

or



Just pull over

(It's as simple as that)

Some distractions aren't so easily avoided:

- Billboards
- High-tech dashboard displays
- The passenger right next to you

Of course ...



Three steps to avoid distraction disasters:

Stay focused on driving.

- Don't get sucked in.

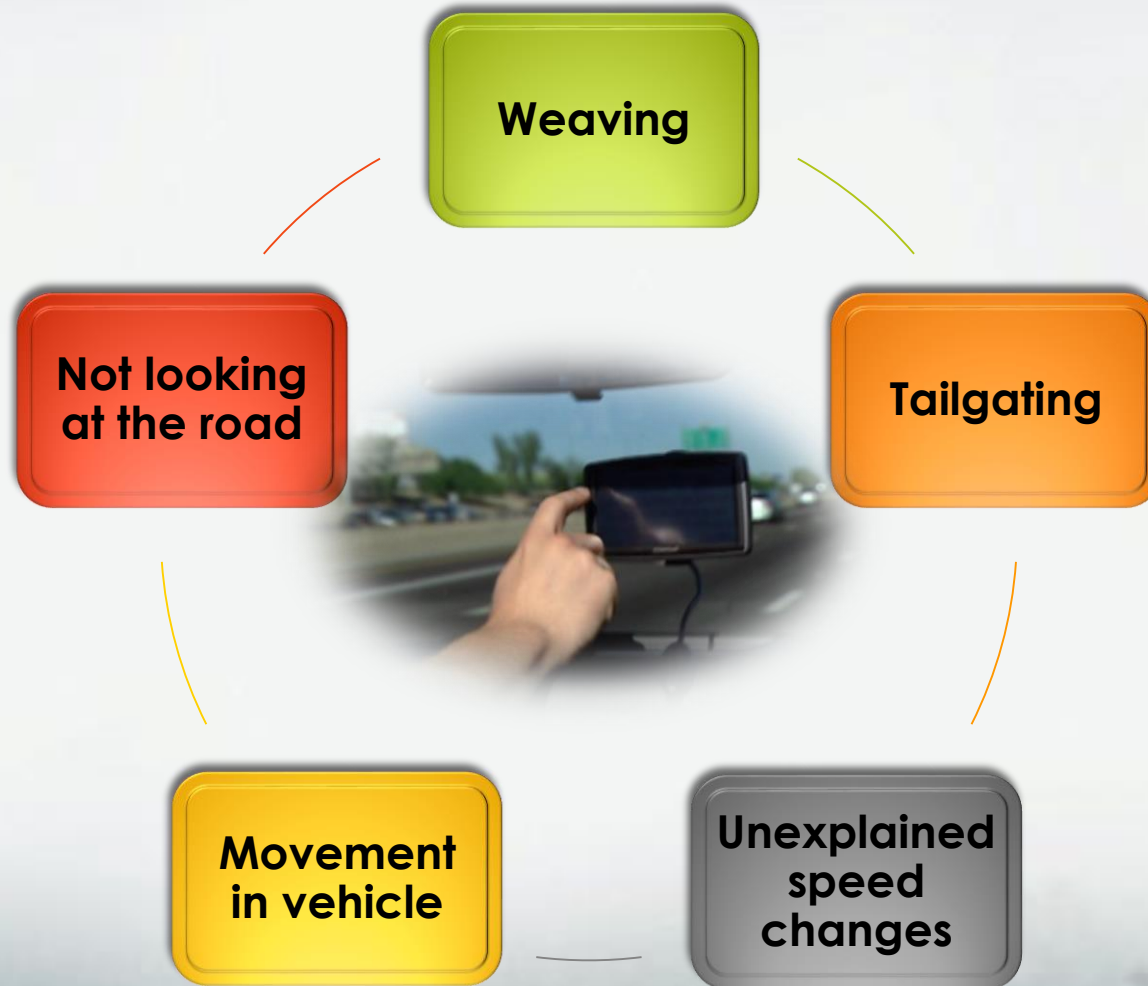
Recognize the signs.

- Be "360 degrees aware."

Know how to manage distracted drivers.

- Don't ignore them.

Signs of a distracted driver:



How to manage a distracted driver:

- ◉ Move to the right lane.
- ◉ Make eye contact.
- ◉ If necessary, pull over.



But...

Do not...

- Sound your horn.

Do not...

- Flash your lights.

Do not...

- Make rude gestures.

Inattention Blindness...

What is it?

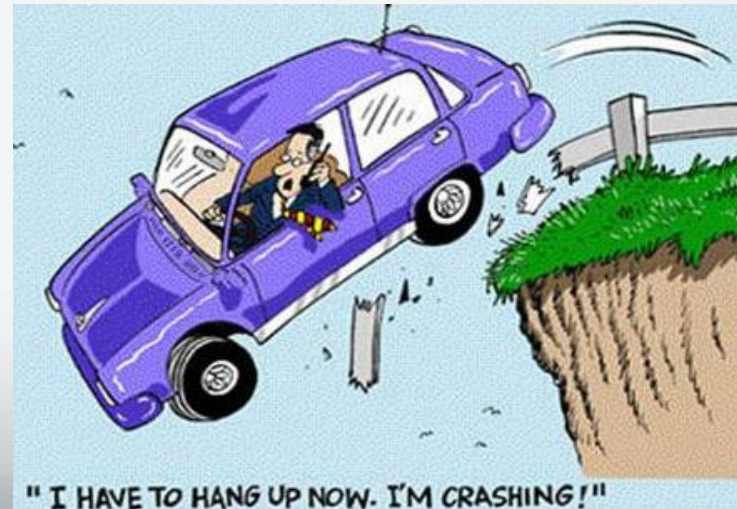
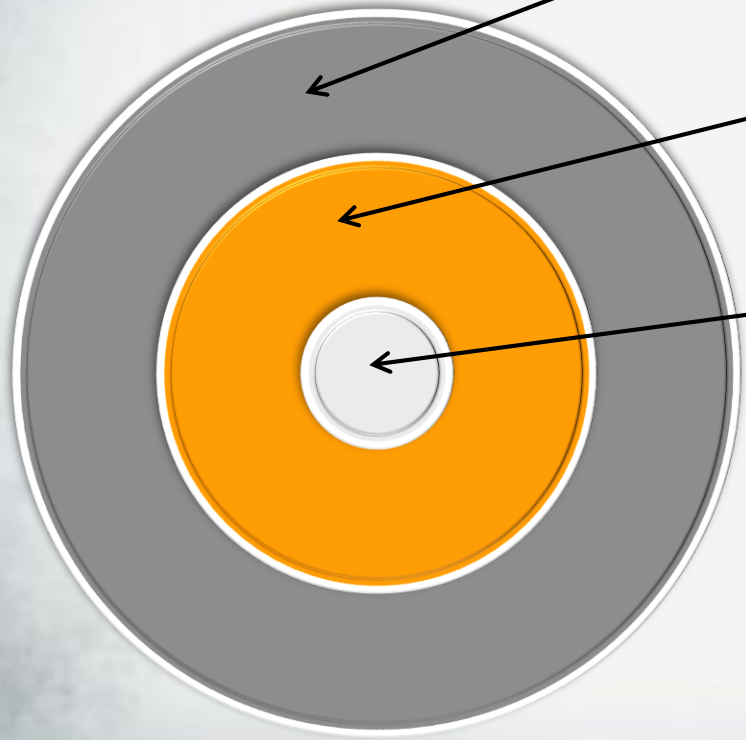
- ◎ You don't see something **right in front of you.**
- ◎ You might miss someone in a crosswalk or a car braking.

The consequences of distracted driving ...

448,000 people were **injured**

5,474 were **killed**

995 of those deaths were caused by using **cell phones** while driving



(In 2009, according to the National Highway Traffic Safety Administration.)

These are *PREVENTABLE!*

If you...

Commit

- to not driving while you're distracted.

Watch

- out for distracted drivers around you.

Respond

- by managing distracted drivers once you spot them.

As someone who drives to earn their living ...

- You know the importance of focusing on safety, especially when driving.

