



# Defensive Driving

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# Old vs. New

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- Evolution
- Distractions
- MPH
- Stimulants
- Aggressive Driving
- Kids



# Pet Peeves

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1. Cell phone usage while driving
2. Applying makeup while driving
3. Eating while driving
4. Turn signals
5. Driving with your knees

**What are your top 5 ??????**



# DISTRACTED DRIVING



- The information age
- Technology
- Multi tasking
- Reading maps on screens
- Using computers
- Note taking
- Talking on phone
- Pressure of deadlines
- The speed at which we live our lives.

# ACTIVITIES DRIVERS ENGAGE IN WHILE DRIVING

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- 96% TALKING TO PASSENGERS
- 89% ADJUSTING CLIMATE/RADIO CONTROLS
- 74% EATING A MEAL/SNACK
- 51% USING AA CELL PHONE
- 41% TENDING TO CHILDREN
- 34% READING A MAP/PUBLICATION
- 19% GROOMING
- 11% PREPARING FOR WORK



# Are You A Safe Driver??

## 3-Step Collision Prevention Formula

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### 1. Recognize the hazard

- Scan ahead, around and behind your vehicle
- In urban areas, scan one block ahead
- In rural areas or on expressways, scan to the next hill, curve, or overpass
- Check the mirrors every 3 to 5 seconds
- Use the “what if...?” strategy to keep you alert and prepared to spot hazards and avoid a crash



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## 2. Understand the defense

- Know what to do to avoid a traffic hazard
- Know the consequences of your driving choices
- Know the basic defenses:
  1. Use effective scanning patterns
  2. Slow down
  3. Use a safe following distance



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### 3. Act correctly, in time

- Always stay alert, focus on the driving task so you don't lose response time
- Choose the safest driving maneuver to avoid a crash
- Remember: other drivers may act in time, but they may act incorrectly



# Speeding Kills

Speed	Time to go 10 miles	Time Saved	Risk of Death in a Crash
50mph/80kph	12 minutes	----	__X
55mph/88kph	10 minutes, 54 seconds	1 minute, 6 seconds	1.5X
60mph/96kph	10 minutes	2 minutes	2X
65mph/104kph	9 minutes, 14 seconds	2 minutes, 46 seconds	3X
70mph/112kph	8 minutes, 34 seconds	3 minutes, 26 seconds	4X
75mph/120kph	8 minutes	4 minutes	6X
80mph/128kph	7 minutes, 30 seconds	4 minutes, 30 seconds	8X
85mph/136kph	7 minutes, 3 seconds	4 minutes, 57 seconds	12X

# Aggressive Driving vs. Road Rage

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## Aggressive Driving

Driving in a bold, selfish, or pushy manner without regard for the rights or safety of other drivers.

A ticketable offense

### Dynamics of it:

Aggressive driving is driving under the influence of impaired emotions. The behavior is characterized by impatience and inattentiveness, a power struggle, often escalating into recklessness and road rage.

## Road Rage

- Using a vehicle as a weapon with the intent to do harm
- Physical assault of a person or vehicle as a result of a traffic incident
- A criminal offense

**Most incidents that lead to road rage are trivial in nature. (arguments over parking spaces, cutting off another driver, not allowing someone to pass, minor traffic accidents, obscene gestures, loud music, driving too slow, tailgating, etc.**

# Things to consider when passing

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## Decide if the pass is SAFE & LEGAL

- Use a safe **3 SECOND** following distance
- Scan ahead and **LOOK BEHIND**
- Check your **BLIND SPOTS**
- Use your **BLINKERS**
- Swing out and speed up **TO THE SPEED LIMIT**
- When you can see **CLEAR SPACE ON THE PAVEMENT, IN FRONT OF CAR TIRES, IN YOUR REAR VIEW MIRROR** , signal and return to the lane
- Cancel your **BLINKER**
- **MAINTAIN** your speed after passing



# DRIVE TO STAY ALIVE

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- Do not multi task while driving, this is the wrong time to impress your boss
- Do not drive impaired
- Buckle up for safety!!! There is no better defense
- Synergism...Drive in harmony with other drivers (Common goal is to arrive safely to your destination)



# SAFETY TIPS:

## Things NOT to do while driving

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- Adjust your vehicle controls such as mirrors, seat, radio or AC
- Read maps & check traffic conditions
- Multi-task: reading, writing notes, drinking a beverage or have a intense conversation
- Do not reach down or behind the drivers seat, pick up items from the floor, open the glove box or clean the inside windows

# SAFETY TIPS

## (Cont'd)

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- Avoid emotional conversations with passengers (Pull over and take time to be safe)
- Pull over to a safe area to care for children
- Pull over to a safe area to make or receive a call
- Do not dial or answer a call when driving, especially in hazardous conditions

# AIR BAGS + SAFETY BELTS= YOUR BEST PROTECTION IN A CRASH

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**PROTECT** They protect you by absorbing the force of a crash

**CONTROL** They help you stay in control of your vehicle by keeping you in your seat.

**SURVIVE** They increase your chance of surviving a crash by more than 50 percent.