

DEFENSIVE DRIVING

You may have heard mention of defensive driving, but do you really know what it means? Defensive driving is one of the most important things you can do to prevent injury on the job. Defensive driving means anticipating dangerous situations by considering the actions of others and the presence of adverse driving conditions. Simply stated, defensive driving means being completely ready for potential surprises on the road.

Keep Safety in Mind

Defensive driving requires the knowledge and strict observance of all traffic rules and regulations applicable to the area in which the vehicle is being operated.

Here are the top five things you need to know about defensive driving:

1. Be alert

Constantly be alert for illegal acts and driving errors of other drivers.

Make timely adjustments in your own driving, so that these actions will not cause you to get into an accident.

2. Anticipate

Anticipate adjustments you may need to make due to hazards from unusual or changing conditions. This includes the functioning of your vehicle, type of road surface, weather, light, amount of traffic, and your physical condition and state of mind.

3. See the hazard

When driving, think about what is going to happen or what may happen as far ahead of encountering a situation as possible.

4. Understand defense

Specific situations require certain reactions. Become familiar with the unusual conditions that you may face and learn how to handle them.

5. Act in time

Once you've noted a hazard and understand the defense against it, act as soon as possible!

Never take a wait and see what happens attitude when driving.

Discussion

- 1. What techniques do you use to drive defensively?**
- 2. What could you do to improve your defensive driving skills?**
- 3. Can anyone share?**

