

# TAKE A MINUTE FOR YOUR SAFETY

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## DEFENSIVE DRIVING

The most dangerous activity we take part in regularly is operating a motor vehicle. Defensive driving is when you are actively attempting to identify and avoid hazards to prevent crashes, regardless of road and weather conditions and the actions of other drivers.

### Defensive Driving Techniques:

- **Always maintain a safe following distance.** The National Safety Council recommends 3 seconds, plus an additional second for each additional hazard.
- **Slow down.** Speeding is a major contributor to serious injury and fatal car crashes. Driving slower gives you more time to identify and avoid hazards.
- **Avoid distractions.** Driving distracted is the number one cause of motor vehicle accidents. Talking on the phone, texting and eating are all activities that take your focus off driving safely.
- **Avoid driving while impaired.** Alcohol, illegal controlled substances, over the counter medications and prescriptions medications can all impair your ability to operate a motor vehicle safely. Check the side effects of all medications before use and avoid drugs and alcohol when driving.
- **Be predictable.** Keep your vehicle visible by staying out of another vehicle's blind spots. Signal your intentions early and act accordingly.
- **Ensure intersections are clear before proceeding.** Look left, forward, right and then left again before entering an intersection.
- **Cover the brake whenever you spot a possible hazard.** This refers to taking your foot off the gas pedal and holding it over the brake, causing the vehicle to slow down and reducing the time it takes to stop the vehicle if needed.
- **Maintain a proper lookout.** Keep your eyes moving. Check your mirrors every few seconds. Our most important job while driving is identifying and avoiding hazards.
- **Yield to aggressive drivers.** Is a crash worth it just because you thought you had the "right of way?" The right of way is to be given, not taken. Never assume you have the right of way or that another driver is going to yield it to you. Always be prepared to yield if necessary.



# TAKE A MINUTE FOR YOUR SAFETY SIGN-IN SHEET

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DATE OF TRAINING: \_\_\_\_\_ PRESENTER: \_\_\_\_\_

TOPIC(S): \_\_\_\_\_

Print Name

Signature

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