

Defensive Driving

For XPAT Drivers



Session Objectives

You will be able to:

- Identify driving hazards
- Understand defensive driving techniques
- Use defensive driving techniques to prevent accidents and injuries on the road

Driving Safety Statistics

- Someone is injured every 18 seconds
- Over 2 million injuries annually are disabling
- A person dies in a crash every 11 minutes
- Motor vehicle accidents are the most common cause of death
- 1 in 4 fatal work injuries involves a vehicle accident



Driving Hazards: Human Error

- Reckless driving
- Distracted driving
- Fatigue
- Aggressive driving
- Failure to keep vehicles in good operating condition
- Driving under the influence



Driving Hazards: Dangerous Conditions

- Bad weather
- Difficult road conditions
- Poor light or glare
- Heavy traffic
- Road work
- Accidents



Seat Belts

- Saved over 100,000 lives
- Prevent crashing into steering wheel, dash, or windshield
- Keep you inside vehicle
- Protect body organs
- Improve chance of remaining conscious
- Keep you behind the wheel if you have to swerve or brake suddenly



Vehicle Maintenance

- Regular tune-ups
- Oil changes
- Fluid levels
- Brakes
- Tire treads and pressure
- Lights, signals, and wipers



Pre-Drive Inspection

- Walkaround inspection
- Tires
- Leaks under vehicle
- Windows clean, nothing blocking vision
- Mirrors properly adjusted
- Lights working properly



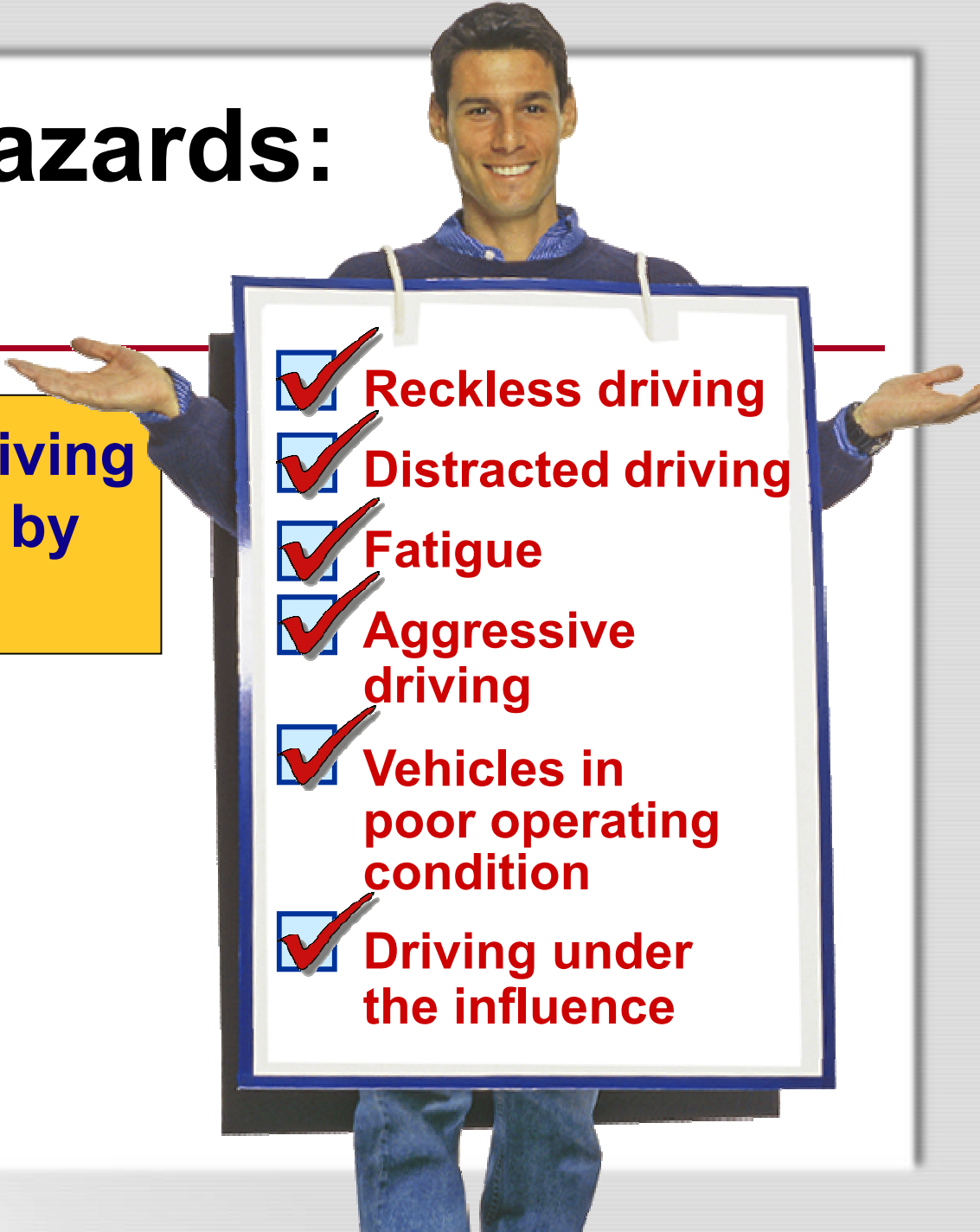
Carrying a Load?

- Don't overload your vehicle
- Make sure everyone has a seat and a seat belt
- Make sure cargo is properly secured
- Be certain your vision is not blocked



Driving Hazards: ID Test

Identify three driving hazards caused by human error

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- A man in a blue sweater and jeans is holding a large blue clipboard. The clipboard has a white sheet of paper with a checklist. The checklist has six items, each with a blue square checkbox and a red checkmark. The items are: Reckless driving, Distracted driving, Fatigue, Aggressive driving, Vehicles in poor operating condition, and Driving under the influence.
- ☒ Reckless driving
 - ☒ Distracted driving
 - ☒ Fatigue
 - ☒ Aggressive driving
 - ☒ Vehicles in poor operating condition
 - ☒ Driving under the influence

Driving Hazards: ID Test (cont.)

Identify three driving hazards caused by dangerous conditions

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- ☒ **Bad weather**
 - ☒ **Difficult road conditions**
 - ☒ **Poor light or glare**
 - ☒ **Heavy traffic**
 - ☒ **Road work**
 - ☒ **Accidents**

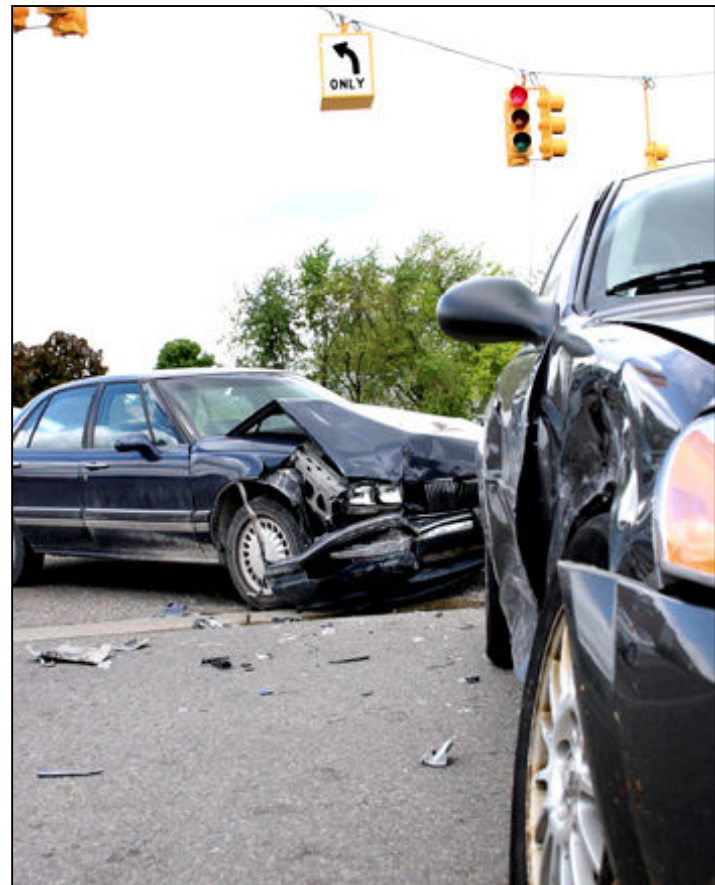
Driving Hazards

- Do you understand the variety of driving hazards you could face on the road?



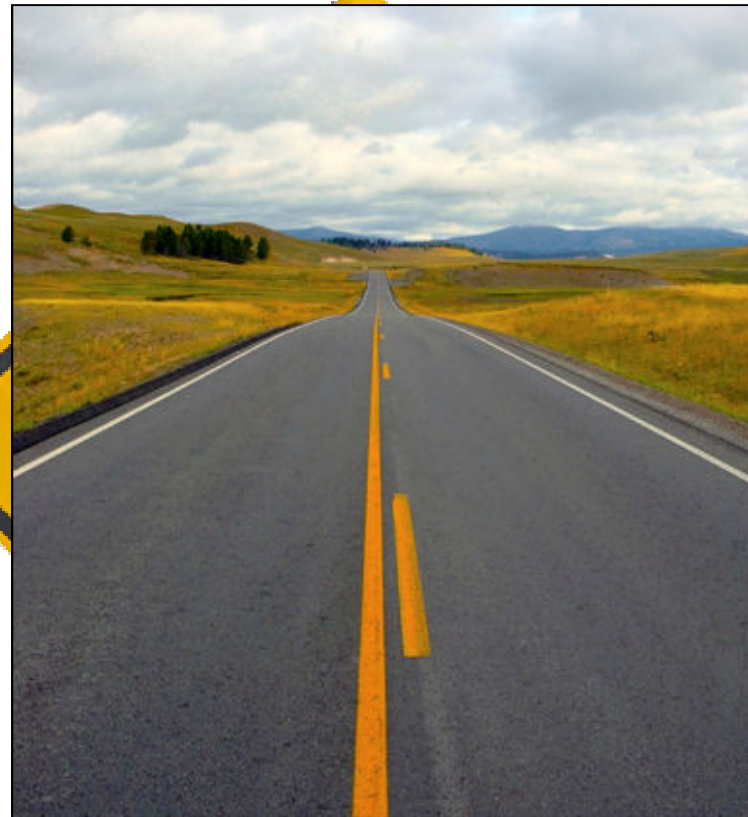
Avoid Collisions

- Head-on collisions
- Hit from behind
- Hitting the driver in front
- Side collisions



Obey Traffic Rules And Use Common Sense

- Speed limits
- Traffic signs and signals
- Follow the 3-second rule
- Signal your intentions
- Pass with care and only where allowed



Keep Alert and Be Prepared

- Keep your mind on your driving and your hands on the wheel
- Scan the road ahead for problems
- Check mirrors frequently
- Expect the unexpected
- Yield to other drivers who are determined to get there first

Adjust to Weather And Road Conditions

- Slow down
- Turn on lights and wipers
- Increase following distance to 4 seconds
- Avoid puddles
- Beware of misty rain after a dry spell
- Be prepared to handle a skid safely
- Beware of icy patches

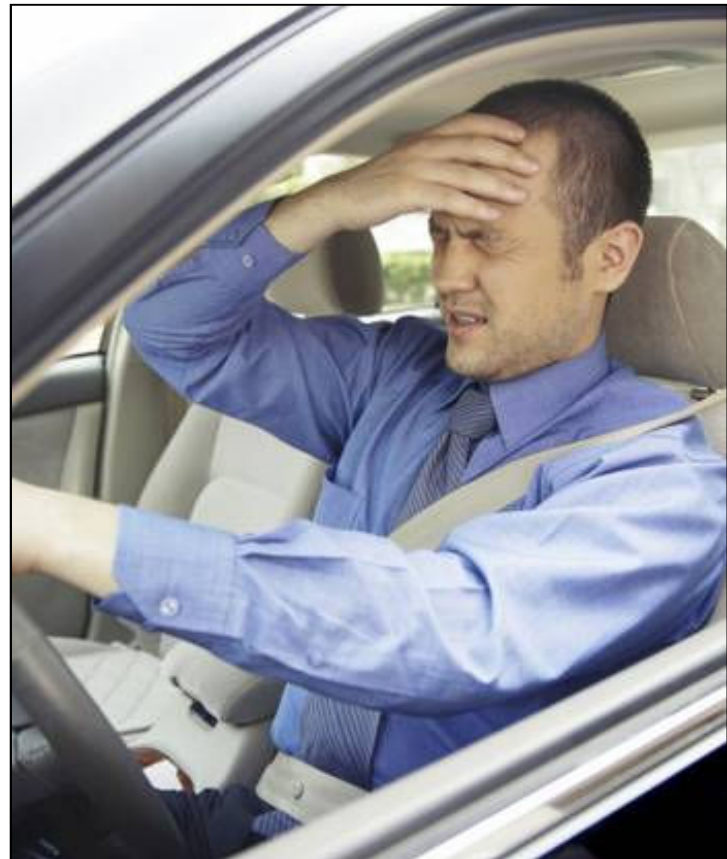


Be Extra Careful at Night

- Keep windshield clean to improve vision
- Turn lights on 1/2 hour before sunset
- Increase following distance to 4 seconds
- Be extra careful on curves and at intersections
- Switch from high to low beams to keep from blinding other drivers
- If you have trouble, pull completely off the road and use flashers

Watch Out for Fatigue

- Be especially careful during late night, early morning, and mid-afternoon hours
- Stop, take a nap, and drink coffee if you're tired
- Stop every so often over long distances
- Avoid medications that cause drowsiness



Keep Cool in Traffic

- Keep your emotions in check
- Take steps to stay relaxed no matter what
- Allow enough time to get there
- Don't provoke other drivers
- Report aggressive drivers to the police



Don't Drink or Take Drugs and Drive

Alcohol and drugs impair:

- Ability to determine distances
- Reaction time
- Judgment
- Vision

Remember:

- Only time, not coffee, will sober you up
- Ride with a designated driver



If You're Involved In an Accident

Off Campus:

Contact the police.

Report accident to supervisor.

Do not leave the scene.

Exchange important information.

Fill out Incident Report.

Give Incident Report to Supervisor.

Defensive Driving

Techniques: **True** or **False**

- T** You should keep 2 to 4 seconds behind the vehicle in front.
- F** If you go into a skid, turn the wheel in the opposite direction of the skid.
- F** If you've had too much to drink, a couple of cups of coffee will sober you up.
- T** Many drowsy driving accidents occur in mid-afternoon hours.

Defensive Driving Techniques

- Do you understand the information about defensive driving techniques?



KEY POINTS To Remember!

- Know the driving hazards you can face on the road
- Maintain your vehicle in good condition
- Always wear a seat belt
- Follow traffic rules and obey signs and signals
- Be a safe and defensive driver every day
- Know how to respond to an accident

TEST

Please complete the [driver quiz](#)