



Defensive Driving Part I



Defensive Driving Leads To Crash Prevention



What is Defensive Driving?



- As defined in the National Safety Council's Defensive Driving Course 'Defensive Driving' is: "Driving to save lives, time and money, in spite of the conditions around you and the actions of others."
- As professional drivers you must be prepared to compensate for changing road conditions, weather and other drivers' bad driving decisions.



Defensive Driving Techniques

#1 Seat Belt



- Number one on the list of defensive driver techniques is the use of your own seat belt
- A high percentage of truck driver fatalities involve a driver being ejected from the vehicle
- In order to drive defensively, you must remain behind the wheel of your vehicle to better control any type of driving situation



Center for Disease Control (CDC) Recent Report



Morbidity and Mortality Weekly Report Findings March 3, 2015



- In a recent report released by the CDC, the following findings were outlined:
 - ✓ Non-use of seat belts by long-haul-truck-drivers (LHTDs), continues to be the leading cause of occupational fatalities in the United States
 - ✓ It accounts for 25% of all occupational fatalities
 - ✓ It adversely affects the United States economy

CDC Report Findings



Morbidity and Mortality Weekly Report Findings

- There were over 317,000 motor vehicle crashes involving large trucks in 2012
- Cost estimates for these truck and bus crashes will have affected our economy here in the U. S. by nearly \$99 billion dollars

Seat Belt Usage

- Everyone acknowledges that seat belts save lives
- However, statistics gathered from the reported accidents indicated that one out of every three truck drivers who died in a crash were not wearing their seat belts
- For many of these drivers, simply buckling up would have saved their lives

CDC Report Findings



- As part of the preliminary findings used in the CDC report, a Long-haul-truck-driver survey was completed involving 1,265 drivers
- The survey consisted of an interview study wherein drivers spoke directly to the interviewer
- Results of the interview study:
 - ✓ Roughly 86% of the drivers reported using a seat belt
 - ✓ A little over 7% of the drivers used their seat belts sometimes
 - ✓ While 6% of the drivers stated they never used their seat belts

CDC Report Findings



- Driver's who reported never using their seat belts also stated that they:
 - ✓ Worked for a company that had no written safety program
 - ✓ Often drove more than 10 mph over the posted speed limit
 - ✓ Had received two or more citations for moving violations in the previous 12 month period
 - ✓ Lived in a state which had no primary seat belt law

Defensive Driving Techniques – #2 Safety Culture & Practices



- Statistics indicate that truck drivers operate in a relatively safe manner
- As truck drivers you need to be aware of the capabilities of the vehicle we are driving
- A larger vehicle requires:
 - ✓ A greater turning radius
 - ✓ A greater distance to stop
 - ✓ More space within its lane of travel

#2 Safety Culture & Practices



- Most passenger vehicle drivers spend a short period of their day behind the wheel of a motor vehicle and are considered recreational drivers
- Professional drivers spend most of their day on the road
- As professional drivers, you need to be aware of changing weather conditions, traffic congestion, and must remain diligent while driving



#2 Safety Culture & Practices



- There is no room in the trucking industry for drivers who do not respect laws, safe driving practices or the ability to respect other drivers
- Drivers must be satisfied that the commercial motor vehicle they are driving is in a safe condition

#2 Safety Culture & Practices



- ✓ A complete and thorough Pre and Post-Trip inspection are a must
- ✓ A driver must review the vehicle's previous post-trip inspection
- ✓ Sign the previous report to acknowledge that any repairs indicated have taken place as required

DRIVER'S VEHICLE INSPECTION REPORT
AS REQUIRED BY THE D.O.T. FEDERAL MOTOR CARRIER SAFETY REGULATIONS

CARRIER: _____
ADDRESS: _____
DATE: _____ TIME: _____ A.M. _____ P.M.
CHECK ANY DEFECTIVE ITEM AND GIVE DETAILS UNDER "REMARKS"

TRACTOR/
TRUCK NO. _____ ODOMETER READING _____

<input type="checkbox"/> Air Compressor	<input type="checkbox"/> Horn	<input type="checkbox"/> Suspension System
<input type="checkbox"/> Air Lines	<input type="checkbox"/> Lights	<input type="checkbox"/> Starter
<input type="checkbox"/> Battery	Head - Stop	<input type="checkbox"/> Steering
<input type="checkbox"/> Body	Tail - Dash	<input type="checkbox"/> Tachograph
<input type="checkbox"/> Brake Accessories	Turn Indicators	<input type="checkbox"/> Tires
<input type="checkbox"/> Brakes, Parking	<input type="checkbox"/> Mirrors	<input type="checkbox"/> Tire Chains
<input type="checkbox"/> Brakes, Service	<input type="checkbox"/> Muffler	<input type="checkbox"/> Transmission
<input type="checkbox"/> Clutch	<input type="checkbox"/> Oil Pressure	<input type="checkbox"/> Wheels and Rims
<input type="checkbox"/> Coupling Devices	<input type="checkbox"/> Radiator	<input type="checkbox"/> Windings
<input type="checkbox"/> Defroster/Heater	<input type="checkbox"/> Rear End	<input type="checkbox"/> Windshield Wipers
<input type="checkbox"/> Drive Line	<input type="checkbox"/> Reflectors	<input type="checkbox"/> Other _____
<input type="checkbox"/> Engine	<input type="checkbox"/> Safety Equipment	
<input type="checkbox"/> Exhaust	Fire Extinguisher	
<input type="checkbox"/> Fifth Wheel	Reflective Triangles	
<input type="checkbox"/> Frame and Assembly	Flags - Flares - Fuses	
<input type="checkbox"/> Front Axle	Spare Bulbs & Fuses	
<input type="checkbox"/> Fuel Tanks	Spare Seal Beam	
<input type="checkbox"/> Generator		

TRAILER(S) NO.(S) _____

<input type="checkbox"/> Brake Connections	<input type="checkbox"/> Hitch	<input type="checkbox"/> Tarpaulin
<input type="checkbox"/> Brakes	<input type="checkbox"/> Landing Gear	<input type="checkbox"/> Tires
<input type="checkbox"/> Coupling Devices	<input type="checkbox"/> Lights - All	<input type="checkbox"/> Wheels and Rims
<input type="checkbox"/> Coupling (King) Pin	<input type="checkbox"/> Roof	<input type="checkbox"/> Other _____
<input type="checkbox"/> Doors	<input type="checkbox"/> Suspension System	

Remarks: _____

CONDITION OF THE ABOVE VEHICLE IS SATISFACTORY

DRIVER'S SIGNATURE: _____
 ABOVE DEFECTS CORRECTED
 ABOVE DEFECTS NEED NOT BE CORRECTED FOR SAFE OPERATION OF VEHICLE

MECHANIC'S SIGNATURE: _____ DATE: _____
DRIVER'S SIGNATURE: _____ DATE: _____

ORIGINAL © Copyright 1994 & Published by J. J. KELLER & ASSOCIATES, INC.

Defensive Driving Techniques

#3 Speeding



- ✓ Speeding continues to be a factor in Crash Involvement
- ✓ In inclement weather or any adverse driving situation slow down
- ✓ Speed on wet roads should be reduced by 1/3 of the posted speed limit

#3 Speeding



- ✓ Remember, as it first begins to rain, that water mixes with the oil on the roadway and decreases your vehicles traction and stopping capability
- ✓ Reduce your speed by 1/2 or more on snow packed roads
- ✓ When you encounter icy and slick roads drive with caution, reduce your speed even more and pull off the road in a safe location when it is no longer safe to drive

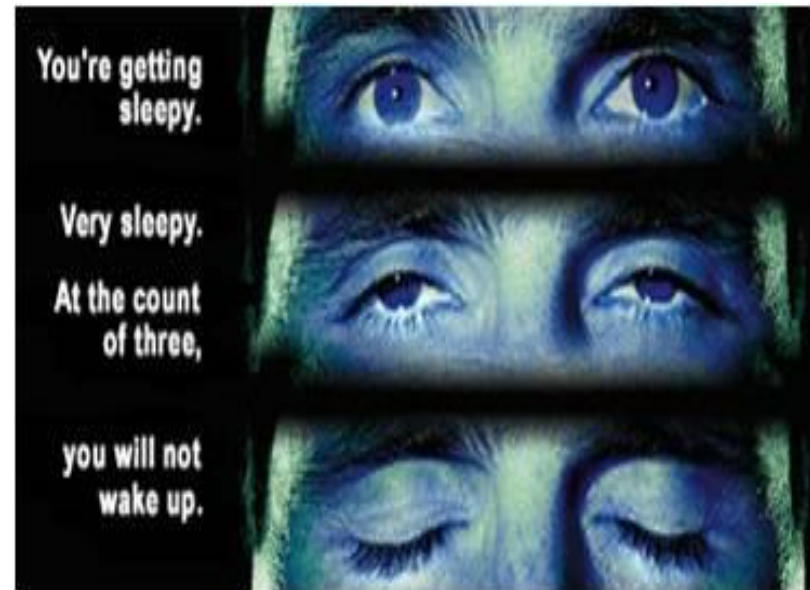


Defensive Driving Techniques

#4 Fatigue



- Even the best drivers battle fatigue issues
- Signs of fatigue include:
 - Constant yawning
 - Seeing objects on the roadway that aren't there
 - Involuntary closing of eyes
 - Not remembering how you arrived at your current location
 - Blurred vision



Defensive Driving Techniques

#4 Fatigue



Fatigue prevention

Short term solutions:

- Coffee
- Energy drinks



• Long term solutions:

- As a driver you must obtain quality sleep
- Take a short break
- A short break provides a great opportunity to walk around your vehicle to ensure it's continued safe operation

Defensive Driving Techniques

#4 Fatigue



- Most important factor is to properly manage fatigue
- Pull off the road in a safe location, stop driving and obtain the rest your body needs
- There is no substitute for quality sleep



Defensive Driving Techniques

#5 Driving Behaviors



Two types of Driving Behaviors



1. Planned behaviors

- ✓ Control speed in one of three ways
 - ✓ Acceleration
 - ✓ Deceleration
 - ✓ Maintain a steady speed rate

Defensive Driving Techniques

#5 Driving Behaviors



Two types of Driving Behaviors

1. Planned behaviors

- ✓ Direction control
- ✓ Stop behind solid white line at intersections, don't block pedestrian lane
- ✓ Allow a four-second following distance



Defensive Driving Techniques

#5 Driving Behaviors



Two types of Driving Behaviors



2. Unplanned behaviors

- ✓ Those not recognized prior to actual behavior
- ✓ Unplanned responses to changing driving situations
- ✓ Animals on roadway
- ✓ Unprepared driving responses

Defensive Driving Techniques

#6 Searching as You Drive



- Observe the roadway in front of your vehicle looking for all sources of fixed and potential hazards
- Watch for brake lights – they may signal hazards ahead
- Search determines what must be seen, where the risk may be and where interactions with traffic will occur



Defensive Driving Techniques

#6 Searching as You Drive



- Searching as you drive provides what we need to know so we can respond and not react to the traffic situation (situational awareness)
- Situational awareness provides numerous bits of information to process so we know what is going on around us
- We must:
 - ✓ Perceive what the risks are
 - ✓ Analyze the risk
 - ✓ Formulate a response
 - ✓ And we must initiate that response all within a matter of a split second
- If you don't see it, you can't respond to it

Defensive Driving Techniques

#6 Searching as You Drive



- Examples of fixed hazards:
 - ✓ Utility poles
 - ✓ Curves in the road
 - ✓ Guardrails
 - ✓ Bridge abutments
 - ✓ Railroad tracks (etc.)



Defensive Driving Techniques

#6 Searching as You Drive



- Examples of potential hazards

- ✓ Driveways
- ✓ Pedestrians
- ✓ Cyclists
- ✓ Other vehicles
- ✓ Parked cars



- Be aware of your surroundings and plan your driving behavior appropriately



Defensive Driving Techniques



- There are many other defensive driving techniques and more will be included in the Defensive Driving Part II presentation
- These driver safety presentations have been developed through the Commercial Vehicle Safety Alliance (CVSA) “Operation Safe Driver” Program provided through a grant by FMCSA



Operation Safe Driver

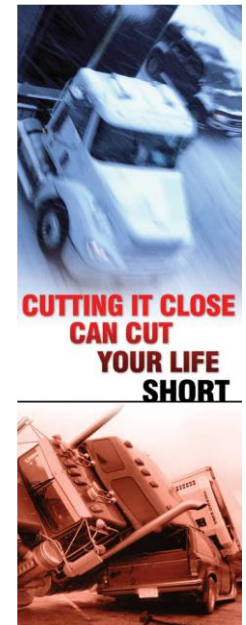


- Mission
 - ✓ Improve commercial and non-commercial driver behavior and performance through effective enforcement, education and awareness strategies.
- Message
 - ✓ Improving highway safety for commercial vehicle operations starts with the driver.
 - ✓ Highway crashes related to large trucks and buses account for 12 percent of the total highway fatal crashes.
 - ✓ Focusing more attention on commercial and non-commercial drivers operating in an unsafe manner around commercial vehicles will save lives.

Outreach



- Training program(s); which include five Train-the-Trainer Kits that contain five separate PowerPoint presentations, between 25 to 35 minutes each on the following subjects
 - 1) Defeating Distracted Driving
 - 2) Beyond Distracted Driving
 - 3) Following the Rules of the Road
 - 4) Defensive Driving/Driver Review I
 - 5) Defensive Driving/Driver Review II



Web Site



- www.operationsafedriver.com
- Access to files for downloading Train-the-Trainer Kits (5)
 - ✓ Defeating Distracted Driving
 - ✓ Beyond Distracted Driving
 - ✓ Following the Rules of the Road
 - ✓ Defensive Driving/Driver Review Part I
 - ✓ Defensive Driving/Driver Review Part II
- DVDs (2)
 - ✓ Defeating Distracted Driving
 - ✓ New Entrant Drivers

All training materials provided at no cost and available to meet your individual training needs



**Thanks for
your time!**

www.operationsafedriver.com