

Whether you're driving a company vehicle or your personal car, defensive driving is one of the most important habits you can develop. Defensive driving means being **proactive** and aware to avoid accidents, regardless of what other drivers are doing.

Why It Matters:

- Motor vehicle accidents are one of the **leading causes** of workplace injuries and fatalities. Even a minor accident can result in downtime, injury, insurance claims, and costly repairs.
- Vehicle related incidents are one of the most costly and common sources of loss in our industry.

Key Principles of Defensive Driving:

- **Stay Alert and Focused**
- Wear Your Seatbelt – Every Time, it's your first line of defense
- Avoid distractions (phones, food, GPS).
- Keep eyes moving — frequently scan mirrors & check surroundings.
- Maintain a Safe Following Distance - Use the "3-second rule" & increase it in poor conditions.
- Watch for erratic drivers, sudden stops, and road hazards
- Assume other drivers might make mistakes
- Obey All Traffic Laws
- Follow speed limits and signs.
- Use turn signals and yield when required.
- Avoid Aggressive Driving
- Stay calm, even in traffic or frustrating situations
- Don't engage with aggressive driver
- Adjust for Conditions
- Slow down in rain, fog, snow, or on gravel roads.
- Use headlights in low-visibility conditions.
- Give space and extra time to larger vehicles & construction equipment.

Common Hazards:

- **Distracted driving (phones, passengers)**
- Backing & triling
- Fatigue or drowsy driving
- Weather-related dangers
- Blind spots
- Poor vehicle maintenance (brakes, lights, tires)

Best Practices:

- **Inspect your vehicle before and after every trip.**
- Plan your route in advance.
- Take breaks during long trips.
- Get Out and Look (GOAL) before backing
- Report any vehicle issues immediately.

Takeaway:

- Defensive driving is about control, awareness, and preparation. It's not just about getting to your destination – it's about getting there safely.



