

Defensive Driving

Driving hazards can result in a variety of injuries, ranging from minor bruises to much more serious injuries and even death.

Driving Hazards



Rain

- Slow down and drive according to conditions.
- Hydroplaning occurs when a water wedge forms and the tire loses contact with the road. Steering and braking are affected – the tire is actually riding on a thin layer of water. Any one (or combination) of the following may lead to hydroplaning:
 - too much speed
 - worn tire tread
 - too low tire pressure.
- Partial hydroplaning can occur at speeds above 50 km/h (30 mph). Total Hydroplaning can occur at speeds above 90 km/h (55 mph).

Prevention: Maintain your tires – check the tread and pressure before heading out and slow down in rainy conditions.

Winter Conditions

- The action of tires spinning and sliding on snow and ice polishes the surface. This greatly decreases traction. It happens most often at intersections, on curves and on hills.
- Generally, in the winter, asphalt is a grey-white colour. Black and shiny asphalt may be black ice, a condition where the asphalt is covered by a thin layer of ice.
- As the temperature rises, ice becomes even more slippery. Braking or stopping distance can double with a temperature variation from 0 to -180°C

Sleepiness

Sleepiness slows reaction time, decreases awareness, impairs judgment, and tends to occur in the “afternoon lull” from 2:00 to 5:00 p.m. and in early morning from 2:00 to 6:00 a.m. If you are drowsy, get off the road and find a safe place to take a break. Danger signals for drowsy drivers:

- Your eyes close or go out of focus by themselves
- You have trouble keeping your head up
- You can't stop yawning
- You have wandering, disconnected thoughts
- You don't remember driving the last few miles
- You have missed your exit
- You keep drifting out of your lane
- Your speed becomes variable
- Your gaze becomes fixated



Identify Controls

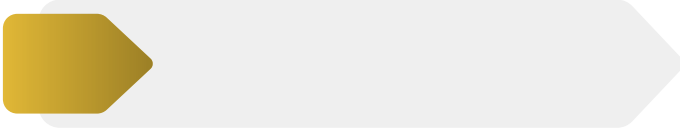


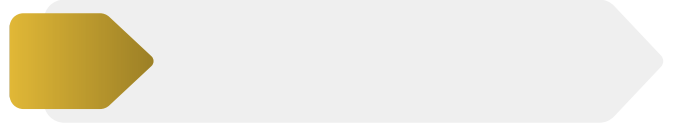
Follow these tips to make your next drive a lot safer:

- **Consider stopping distances.** Trucks need a much longer braking distance than cars. Don't cut in front of a truck. If you do that, it reduces the truck's braking distance and limits the evasive action a truck driver can take.
- **Pass carefully.** When passing a truck, do not drive alongside it for too long. Pass as quickly and safely as possible, and don't cut too closely in front of a truck when re-entering the lane.
- **Be aware of your surroundings.** Check your mirrors frequently and scan conditions 20 to 30 seconds ahead of you. Keep an eye on pedestrians, bicyclists, and pets along the road.
- **Drive defensively.** Do not assume another driver is going to move out of the way or allow you to merge. Expect that drivers may run through red lights or stop signs and be prepared to react.
- **Maintain an optimal position.** In all driving situations, the best way to avoid potential danger is to position your vehicle where you have the best chance of seeing and being seen.
- **Follow the two-second rule.** Use the two-second rule to help establish and maintain a safe following distance that provides adequate time for you to brake to a stop if necessary.
- **Keep your speed down.** Posted speed limits are meant for ideal driving conditions. It's your responsibility to ensure that your speed matches the actual conditions.
- **Eliminate distractions.** A distraction is any activity that diverts your attention away from the task of driving. Driving deserves your full attention. Stay focused on the driving task.

Company Name

Date





Attendees Names

Attendees Signatures

