

Defensive Driving: The Hands-Off Approach

Defensive driving awareness training can prevent highway tragedies involving your employees, whether they're driving on the job or simply commuting to and from work.

Roadway accidents not only kill employees such as truck drivers, who spend most of their time on the road, but also employees who simply are using their own or a company vehicle for work-related purposes. A National Institute of Occupational Safety and Health (NIOSH) study of 3,000 work-related driving fatalities showed that a highway tragedy can happen to any employee under any circumstances.

The study found:

- * Nearly half of all accidents involved something other than another motor vehicle-in fact, 14 percent of the workers killed were pedestrians
- * More than two-thirds of accidents occurred among workers aged 25 to 54
- * 85 percent of accidents occurred during normal weather conditions
- * 62 percent of the victims were not wearing seat belts

Common Accidents, Easy Prevention

Hit-from-behind accidents are common in heavy traffic. As your employees will learn in the Interactive CD Course: Defensive Driving, these accidents can be prevented easily if workers just take proper precautions.

For example, to avoid hitting the driver in front, employees should:

- * Watch out for hazard, brake, or turn signals.
- * Maintain a minimum of a 2-second distance from other vehicles.
- * Match speed to road conditions.

To avoid being hit from behind, employees should:

- * Be alert to tailgaters.
- * Avoid sudden stops.
- * Signal their intentions in advance.
- * Allow a distance in front when stopped.

Another common cause of accidents is "zoning out" and letting your mind wander off the road. In the Interactive CD Course: Defensive Driving, employees will learn about staying alert behind the wheel and always being ready to react quickly to avoid road hazards such as:

- * Vehicles making sudden stops
- * Disabled cars
- * Vehicles moving in and out of lanes
- * Cars crossing lanes to get to an exit
- * Cars passing from any side
- * Potholes, debris on the road, or construction

A solid, defensive driving training program is a must for your fleet vehicle drivers. But don't stop there! All your employees can benefit from defensive driving training.

Your workers may be surprised by how much they have to learn about safe driving.

That's one reason safety-conscious employers rely on repeated training, supplemented by constant reminders.