

# 7 Fundamentals of Effective Defensive Driving



As new technologies and other potentially adverse conditions weave their way into everyday life, companies must implement a driver training programme that emphasises modern defensive driving skills. But with so many techniques to cover, where do you start?

## “PRO-DEFENCE” Checklist

### **DISTRACTIONS**

Improvements in safety, comfort and technology lead a driver to believe they don't need to devote their entire focus on the road. Drivers must be aware of these distractions and the dangers they can present.



### **EFFECTIVE COMMUNICATION**

Drivers must use their turn signal, lights, horn, speed and other cues to ensure the vehicles around them know what they intend to do before making any maneuver.



### **FATIGUE MANAGEMENT**

Learning to understand and identify early symptoms of fatigue will help drivers know when to stop and take a break – before it affects their ability to drive safely.



### **EVALUATING SPACE**

If drivers can maintain proper space around their vehicle at all times, they better protect themselves, their vehicle and can eliminate the likelihood of future collisions.



## NAVIGATING HAZARDS

The number of hazards on the road is growing quickly. Drivers need to be confident in identifying and appropriately reacting to them when they occur.



## CONTROLLED SPEED

Speed management is more than just obeying the speed limit — drivers need to operate vehicles at a speed that allows them to handle any situation.



## ESSENTIAL PLANNING

Anytime a driver gets behind the wheel, they need to have a plan. This proactive mindset will help eliminate many of the issues that arise throughout the trip.



### Proactive Training is Key

**Proper training** throughout a driver's employment helps raise awareness of potential dangers, enabling them to anticipate and **respond to risks more effectively.**

**DISCOVER** how a stronger focus on driver training can help companies establish a fleet of confident, defensive drivers.

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