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TOOLBOX TALK

DEFENSIVE DRIVING



Even the smallest distraction could cause a serious accident or injury



Watch for bike and pedestrian traffic when traveling around campus

In all cases, while operating a motor vehicle, drivers should practice defensive driving techniques. Defensive driving is the art of driving so as to prevent and avoid traffic crashes, regardless of the unsafe conditions and actions created by other drivers and adverse road and or weather conditions.

The Facts

- The average person will experience six crashes in their lifetime.
- State employees have had over 6000 accidents during the past 5 years. That's about 5 accidents per day.
- Minor accidents from hitting curbs, light posts, or other stationary objects happen frequently. These can easily be avoided.
- Over the last 5 years, the State Risk Fund has paid over \$24 Million in auto accident costs.
- Across the State of Utah, a person is killed by a car crash every 36 hours.
- You are required to obey all laws, even while driving a vehicle with an EX license plate.

Defensive Driving Techniques

- Glance well ahead in the direction of travel. Look 2 or 3 vehicles ahead to observe driving conditions in front of you. This allows you to consider a condition before you reach it.
- Pedestrians always have the right of way at intersections.
- Except for medical emergencies or navigation, the Division of Risk Management recommends never to use a cell phone while driving. Cell phones can easily distract drivers. Distracted driving is a leading cause of accidents. Don't take the risk!
- We all know that seat belts save lives. However, we don't always consider how others are at risk if we do not buckle up. An unbuckled, 175 lb. individual can cause more damage to vehicle passengers than the accident itself.

Group Discussion Questions

- 1) What is the recommended following distance for safe driving?
- 2) If you sleep less than _____ hours in a 24-hour period it is comparable to drunk driving.

Group Discussion Answers

- 1) At least 3 seconds. If you were traveling 70 mph on the freeway, in the very best driving conditions, it would generally take you 1.5 seconds to recognize a hazard and start pushing the brake, during which time you would have traveled 154 feet. 3 seconds or 300 feet of following distance will provide enough time to react and slow if conditions ahead require.
- 2) If you sleep less than four hours in a 24-hour period it is comparable to drunk driving. You are 12 times more likely to get in an accident with this amount of sleep than if you get seven or more hours.

Formula:

3 seconds + X seconds (1 x conditions) = total following distance

Condition examples:

- Construction • Bad Weather • Traffic • Towing • Poor lighting conditions
- Using Technology • Mental/Physical Health • Fatigue • Passengers

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