

# SAFETY BRAKE

## DEFENSIVE DRIVING HABITS

According to the CDC, motor vehicle crashes are the leading cause of work-related deaths in the U.S.<sup>1</sup> All drivers should practice defensive driving skills to help avoid the dangers caused by other motorists.

**The checklist below can help reduce your risk if you ensure the items on the list become daily habits.**

- ◆ Maintain adequate eye lead time to properly evaluate relevant information
- ◆ Maintain proper following distance appropriate for conditions of the road
- ◆ Make and execute decisions as early as possible
- ◆ Scan mirrors often, the FMCSA recommends scanning your mirrors every 5-8 seconds<sup>2</sup>
- ◆ Scan all intersections before entering them
- ◆ Maintain proper space around your entire vehicle
- ◆ Make eye contact with other motorists and pedestrians and ensure they see you
- ◆ Use vehicle devices available to properly communicate to others, such as horns, lights, and turn signals
- ◆ Always expect the unexpected from other drivers and pedestrians

This lists just a few behaviors you can incorporate into your daily habits to drive more defensively. Driving defensively allows you to anticipate the actions of others, which allows you more time to react appropriately and avoid potential accidents.

1. <https://www.cdc.gov/niosh/motorvehicle/resources/crashdata/facts.html>
2. <https://www.fmcsa.dot.gov/safety/driver-safety/cmv-driving-tips-inadequate-surveillance>

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