# **DRIVER TRAINING SERIES**



# DEFENSIVE DRIVING



# AGENDA

Purpose: To Save Lives & Prevent Collisions Goal: Improve Driver Safety Awareness

### OVERVIEW

- Gain a deeper understanding of how to stay safe and mitigate costs associated with motor vehicle accidents.
- Learn how to drive safely and defensively.
- Honest discussion of actual events that have occurred and how they might have been prevented.







#### 1. SPEEDING

- Less time to react
- Less distance to stop

#### 2. NOT USING SEATBELTS

According to the CDC, for front-seat passengers:

- Seatbelts reduce the risk of death by 45%
- Seatbelts cut the risk of serious injury by 50% according to the CDC.

#### 3. FATIGUE

- Can cause blurred vision
- Reduces reaction time

#### 4. DRINKING AND DRIVING

- Affects depth perception
- Impairs motor skills



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### SPEEDING TOPICS

- Keeping up with the flow of traffic
- 5 mph over the speed limit myth
- Following too closely\* #1 Risk Variable
- Maintaining a cushion of space around your vehicle
- Beware of other drivers darting in and out of traffic
- When the light changes, relax, and look before proceeding



### SEATBELT TOPICS

- If seatbelts are uncomfortable look at aftermarket products to make them more tolerable.
  - How many do not wear seatbelts when not at work? Why?
- Fasten the seatbelt before you drive, not while driving
  - How many put the shoulder strap behind their back?
- Ensure passengers are also buckled up
- 100% seatbelt compliance saves lives and prevents injury

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### FATIGUE TOPICS

- Get enough sleep. Don't arrive to work fatigued.
- Working long hours? Be sure to incorporate sufficient breaks.
- Deadlines approaching? If the work expected is unreasonable, speak with your supervisor about getting more help. Perhaps a driving team so one can rest while the other drives.
- If you exhibit signs of drowsiness, stop for a short nap rather than pushing yourself too hard.
- Avoid distractions like cell phone use or eating while driving



### INTOXICANTS

- Alcohol & Marijuana
  - What else might impair your ability to drive?
- JUST DON'T DRINK AND DRIVE
- NO EXCUSES

## THE CHALLENGE



## IT PAYS TO BE A WINNER



- Drive the speed limit. The driver with the least speeding events recorded in your GPS tracking data during the challenge period wins.
- Prize Announcement



### LINKS TO RELATED BLOG POSTS

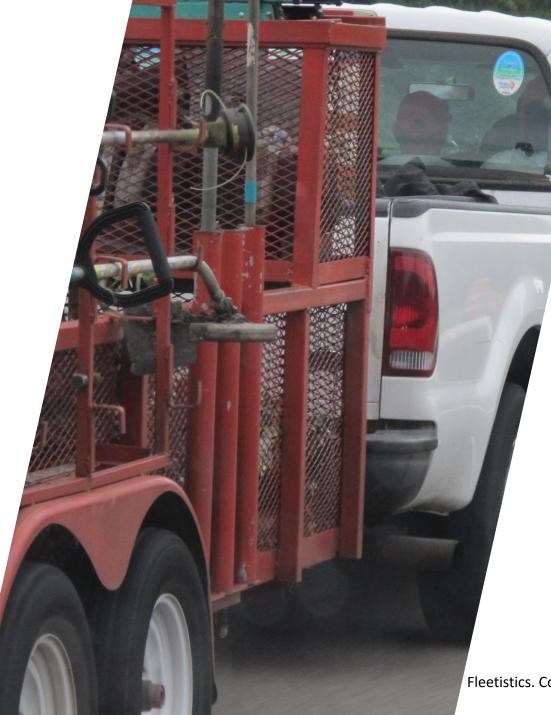
Fleet safety education - 11 beneficial courses to consider

Education in fleet management fleetistics fleet management solutions

<u>Staged accidents target commercial</u> <u>vehicles - take action!</u>







### ADDITIONAL RESOURCES

#### SUGGEST A TRAINING:

MARKETING@FLEETISTICS.COM

#### **REQUEST TRAINING:**

TRAINING@FLEETISTICS.COM

MORE INFORMATION ON DASHCAMS, LONE WORKER, DVIR, ASSET TRACKING, IOT

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