BEING A DEFENSIVE DRIVER MEANS YOU ARE:

• Aware
• Cautious
• Ready for whatever happens
• Constantly processing information

FOLLOW THESE TIPS TO BE A DEFENSIVE DRIVER:

• Pay attention.
• Seconds count. Give other drivers some space.
  - In normal driving conditions, keep at least three seconds between your vehicle and the one ahead of you.
  - At highway speeds, lengthen the gap to four seconds or more.
  - In poor weather conditions, lengthen that gap to six or more seconds.
• Look ahead. Scan the road and surrounding area at least 20-30 seconds ahead for potential road hazards, conditions and information.
• Have an escape route.
  - Note the position of the vehicles around you and the road ahead before you decide where you can maneuver safely to avoid a crash.
• Keep your speed down. Posted speed limits apply to ideal conditions.
• Do not depend on other drivers.
• Reduce distractions. Removing your eyes from the road, even for a moment, can lead to a crash.

STEEP CLEAR OF ROAD RAGE

• Rising stress can turn to anger on the road. Sources of stress can include:
  - Job and financial pressures
  - Meeting the needs of loved ones
  - Declining time for personal interests
• A highly stressed, angry driver is capable of incredible acts of violence, including assault and murder.
• Don’t offend. Practicing basic driving courtesies is the first step to reducing road rage.
• Leave plenty of space between your vehicle and others when you merge or another driver merges in front of you.
• Always signal first.
• If you make a mistake, carefully and courteously adjust.
• Keep your hands on the wheel and avoid any expressions of irritation, even shaking your head.

GET YOUR SLEEP BEFORE DRIVING

Juggling work, family, exercise and fun can take its toll.

• Drowsy driving can be just as dangerous as drinking and driving.
• Your body requires sleep to function properly — 7 to 9 hours per night.
• If you don’t get enough sleep, you are more at risk of a crash.
• Stimulants like coffee and soda are no substitute for sleep.