

Location _____ Trainer _____ Date _____

DEFENSIVE DRIVING BASICS

WHAT IS DEFENSIVE DRIVING?

The National Safety Council defines defensive driving as “driving to save lives, time and money in spite of the conditions around you and the actions of others”.

- **Defensive driving saves lives.** Drivers learn the knowledge and skills needed to avoid preventable collisions—and about two-thirds of all collisions are considered to have been preventable.
- **Defensive driving saves time.** Not time on the road hurrying from one place to another, but time lost due to injury and car damage.
- **Defensive driving saves money.** Money lost due to injury, car and other property damage, and lost work time.

The techniques defensive drivers use are simple and easily learned. They stress knowledge, foresight, alertness, judgment and skill. Defensive drivers exhibit patience, cooperation and courtesy on the road rather than the “me-versus-them” mentality that so many of us lapse into in our need to get where we are going.