

Driving Safety

Defensive driving is a skillset that allows you to identify potential hazards and adapting your driving to prevent an accident. By anticipating situations, you'll be able to act immediately to avoid a potentially hazardous accident.¹

These skills include yielding to other drivers, checking mirrors and blindspots, scanning for hazards and sudden movements, and focusing on driving instead of other distractions.



¹ Definition from defensivedriving.org

Check Your Common “Safety” Sense

Adjust Your Speed to Changing Weather Conditions

Don't Drive Under the Influence of Drugs, Alcohol, or Fatigue.

Follow Traffic Rules and Signs

Expect the Unexpected

Don't Speed



Buckle Up

Keep Your Eyes and Attention On the Road and Other Drivers.

Stay at Least Two Seconds Behind the Other Driver



Driving Safety

Seat Belt “Myth-Conceptions”

MYTH: My seat belt will trap me in the car if the car catches fire or goes underwater.

FACT: Few accidents involve car fires or water. But if you did have such an accident, wearing a seat belt makes it more likely that you would remain conscious and able to get out of the car.

MYTH: If I’m not wearing a seat belt, I’ll be more likely to be thrown clear in an accident.

FACT: You are more likely to be thrown out of the car if you’re not wearing a seat belt, but you’re 25 times more likely to be killed if that occurs. You’ll probably be thrown through the windshield or door and into traffic or a tree.

MYTH: I have automatic shoulder belts in my car, so I don’t need to use a lap belt.

FACT: The lap belt will keep you in place so the shoulder belt can restrain you properly.

MYTH: My car has air bags, so I don’t need to wear a seat belt.

FACT: Air bags provide valuable protection, but they’re not meant to be used alone and only inflate in a head-on collision. To be safe in a rear or side crash, you need both a lap and a shoulder belt.

MYTH: I’m just going a short distance. I don’t need my belt.

FACT: There are more crashes—and more fatal crashes—on local roads than on highways. No trip is too short to be dangerous!

