

DEFENSIVE DRIVING RE-CERTIFICATION

If you are a NHRMC Volunteer assigned to operate a NHRMC owned, rented or leased vehicle as a part of your duties you are required to complete this annual re-certification.

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- This refresher presentation focuses on the choices you make each time you take to the road – choices that affect you, your family, your friends, co-workers and countless others with whom you share the road.
 - This presentation will reinforce important concepts and choices you can make that will help you be a safe, responsible driver.

Re-Certification Requirement

- NHRMC policy requires that everyone who operates a vehicle as a part of their job description must complete a re-certification exam annually.
- To be re-certified you will need to complete the ten question exam. A score of 70% or higher is required.
- All questions are covered in this power point presentation. You will only have two attempts to obtain the 70% or higher score. Failure to obtain re-certification may result in disqualification as a Volunteer driver.

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- Report all actions, sanctions or points against your driver's license, charges, judgments or involvement in any accident while operating a NHRMC vehicle to your immediate supervisor within 24 hours of the event or the next working day.
 - Individual driving records will be checked periodically by Human Resources.

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- If you no longer drive a NHRMC vehicle as part of your volunteering or you do not wish to be re-certified please contact:

SAFETY SERVICES

343-4535

Leave your full name,
a day time phone number and a
brief message explanation

What is Defensive Driving?

It is driving to save lives, time and money in spite of the **conditions** around you and the actions of others.

Developing driving habits that help you make safe and legal driving decisions. Driving to your destination safely – without a ticket or a crash or affecting other drivers' safety.

Lastly, it will allow you to recognize the risks of hazardous driving behaviors and conditions.

In other words.... A defensive driver does everything reasonable to avoid a collision or a ticket. Ask yourself: What reasonable action should I have taken to avoid the collision or violation?

Defensive Driving Formula. To remember it ask yourself this question.

R U A

Defensive

Driver ?

Recognize the hazard

- Use your senses to identify hazardous conditions.

Scan the road ahead for trouble.

Look at the next intersection or curve ahead.

Scan from sidewalk to sidewalk and front yards.

Listen for Emergency vehicle sirens, horns

Pay attention to unusual sounds your vehicle is making.

An odd odor – a burning smell? Check it out.

Feel unusual vibrations in the vehicle? What could it be?

Flat tire? Loose wheel?

Understand the defense

- Know what to do to avoid the hazard and understand the consequences of your choices.

Are vehicles ahead of you slowing or stopping? Slow down and be prepared to stop.

Has the next intersection traffic light been green for a while? Slow down and be prepared to stop.

Are there children around? Are you entering a school zone? Slow down and be prepared to stop.

Is your engine running rough or noisy? Slow down and be prepared to stop.

Does your vehicle wiggle and shake? Slow down and be prepared to change a tire!

Your **first** reaction when you recognize a hazard should be to..... **SLOW DOWN!**

Act correctly

- To act correctly you will need to apply the appropriate defensive driving skills combined with knowledge and experience.

Speeding or driving too fast for conditions is the **#1** improper driving behavior that results in crashes or tickets.

Remember: *As speed increases – stopping distance increases.*

Follow the posted speed limits, adjust your speed in adverse weather conditions.

Remember: *When approaching an intersection, cover the brake pedal with your foot and scan the road ahead.*

Sick? Tired? Upset? It could really affect your driving.

Impaired and Distracted Driving

- Impaired driving refers to driving a vehicle while under the influence of alcohol or other drugs – including over-the-counter and prescription medications.

Alcohol is the most commonly used intoxicating drug.

Over-the-counter drugs affect driving ability as much as prescription drugs.

Combining alcohol with certain medications, or illegal drugs, increases your risk of a crash or ticket.

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- Distracted driving refers to any distraction that takes your eyes off the road, your mind off your driving and/or your hands off the steering wheel.

Distractions can be anything from cell phone use to adjusting the temperature controls, to talking to passengers, to day dreaming and even thinking about the job you're doing.

*The point is that driving safely requires your **full** attention to the road and possible hazards.*

Avoiding a Head-On Crash

- A head-on crash is the most fatal type of traffic crash you will ever encounter. You only have a few seconds to make a decision and get out of the way.
- Use these four steps – the four R's – to avoid a head-on.

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- Continually scan the road ahead for traffic conditions, road conditions and potential hazards presented by other drivers.

READ the road ahead

- As you drive in your lane stay as far to the right as possible. This puts more distance between you and on coming traffic.

Drive to the RIGHT

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- When you see a vehicle drifting into your lane take your foot off the gas pedal, flash your head lights and blow your horn.

REDUCE your speed

- If you are still faced with a head-on collision be prepared to:

RIDE off the road

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- If you must drive off the road try to hit something soft – bushes – this is much better than hitting head-on.
 - Try to avoid hitting solid objects – trees. Steer your vehicle to hit the object with a glancing blow. Better to side-swipe a tree or other solid object as this will reduce the impact and increase your chance for survival.

■ Remember:

*Whenever you get behind the steering wheel, whether it is an NHRMC vehicle, your own vehicle, or someone else's vehicle you are faced with many choices, challenges and decisions, but the **only** thing you can control is yourself and your vehicle.*

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- Please refer to the Safe Drivers Policy for other important information regarding your obligations. Go to the online policies found in Capsuleslive under the Policies & Procedures title.

Open the “Environment of Care” heading.

Select “Section 5 Safety Management Program”

Open “Safe Drivers Policy 5.14” to review the policy.

Navigate to Attachment A 5.14 for further requirements.

Time to take the [online test here](#). Good luck!