

## GET DEFENSIVE!

### Driving Techniques to Prevent Accidents

It's a startling fact that someone dies every 15 minutes due to the result of a car accident. After alcohol, reckless driving and negligence are the main reasons why people have accidents. However, being an attentive, defensive driver can reduce your risk of getting into a crash. Here's how in three basic steps:

1. See the hazard – When driving, think about what is going to happen or what might happen ahead of a potentially dangerous situation.
2. Understand the defense – Specific situations require specific ways of handling them. Become familiar with unusual conditions that you may face on the road and learn how to protect yourself against them.
3. Act in time – Once you've noted a hazard and understand the defense against it, act as soon as possible! Never take a "wait and see what happens" attitude.



## *Slippery Roadways? How to Prevent Skids and Slips*

- Slow down at the first sign that the road is slippery.
- Slow your speed before approaching turns and curves. When at a curve, accelerate slightly and steer without abrupt changes or braking.
- Change lanes with minimal steering.
- If you are skidding, steer in the direction you are sliding until you recover traction. Then, straighten your wheels and proceed.
- Increase following distances when roads are slick, especially when approaching intersections, overpasses and shady areas.

## Did You Know?

- The average driver spends two weeks of his/her lifetime waiting for traffic lights to change.
- Police in New York City used to chase speeding motorists while riding bicycles in 1898.
- The Peanuts characters first appeared in a 1957 commercial for a Ford Fairlane automobile and have been popular ever since.

Workplace safety tips brought to you by the insurance specialists at  
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