

>> TOOLBOX TALK – Defensive Driving

For some of us, the most dangerous thing we do every day is drive to and from work. For others, driving is simply part of the job. In order to complete these tasks safely on a daily basis we must practice defensive driving.

Defensive driving is the ability to reduce the risk of accident or collision by anticipating dangerous situations, despite adverse conditions and the actions or mistakes of others.

This can be achieved through adherence to a variety of general rules and incorporating a set of specific driving techniques.

Defensive Driving Tips:

1. Do a quick walk around your vehicle to evaluate the condition of your vehicle prior to getting on the road.
2. Secure all loose items in your vehicle. Do not attempt to catch items sliding around in your vehicle.
3. Always keep your eyes moving, constantly looking at your side and rear view mirrors, up, behind and to both sides of the vehicle. Maintain a visual of two to three car lengths in front of you.
4. When changing lanes, physically turn your head to check your blind spot, followed by checking your side and rear view mirrors.
5. Look out for motorcycles, bicycles, pedestrians and smaller vehicles.
6. Leave at least two car lengths between you and the car in front of you. During inclement weather, increase this to five car lengths.
7. Always give yourself an out. Avoid remaining next to other vehicles, move ahead or drop behind them to allow yourself room for maneuvering in case something happens.
8. Stop prior to stop signs and then roll forward slightly to get a better look in each direction.
9. Always use signal lights and be sure to signal ahead of time to communicate your intentions to other drivers.
10. Avoid using a cell phone. In Newfoundland and Labrador it is illegal to use a handheld mobile device while operating a vehicle.
11. Follow the speed limit and pay attention at all times.

Help reduce the likelihood of vehicle accidents by always practicing the tips mentioned above.

Remain alert! A defensive driver is a safe driver.

Complete and attach Toolbox Meeting Form and process as per company policy.

Content adapted for NLCSA, with permission, from toolbox talk by the Saskatchewan Construction Safety Association.



TOOLBOX MEETING FORM

Date: _____ Project: _____

Supervisor: _____ No. in Crew: _____ No. Attending: _____

Review Last Meeting:

	Names of Attendees (Signature Required)
Topics Discussed (policies, practices, procedures, hazard assessment):	
Suggestions Offered:	
Action(s) to be Taken:	
Injuries/Accidents Reviewed:	

Supervisor's Remarks: _____

Signature: _____