

DEFENSIVE DRIVING

SIX DRIVING CONDITIONS

Do you know which you can control?

- | | |
|--------------------|--------------------|
| A) You, the Driver | D) Light |
| B) Your Vehicle | E) Traffic |
| C) Weather | F) Road Conditions |

The only two you can control are A and B!



DRIVING TIPS

- Use 3+ second distance rule when following cars
- Use 4+ second distance rule when following trucks
- Slow down 1-2 mph as a passing car approaches your blind spot
- At intersections always look left, right, scan to the front and left again
- Pass only if it is necessary



DRIVING TIPS

- Hands at 4 & 8 o'clock positions on steering wheel
- Require all passengers to buckle up
- Get plenty of rest before driving
- Plan your trip - know where you are going and allow plenty of time
- Inspect your vehicle
- Watch hydroplaning
- Keep high beams on when driving unless a car is approaching



Microsleep is an episode of sleep which may last for a fraction of a second or up to thirty seconds, and can be extremely dangerous for drivers.

AVOIDING MICROSLEEP

- Take rest stops, walk around
- Apply cold pack to back of neck
- Take short, 10-15 minute naps
- Keep inside vehicle temperature cool
- Listen to interesting music/talk radio
- Keep your eyes moving
- Caffeine & other drugs let you down fast

For more information on the
Defensive Driving course or other
MO-LTAP courses, please contact:



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