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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