

Loss Control Services: SAFETY TOPIC OF THE MONTH

M.0806: Safe Driving – STAY SAFE AT THE WHEEL**Facilitator Outline**

Purpose: Monterey Educational Risk Management Authority - Loss Control Services provides these monthly topics to promote safety awareness, injury prevention and regulatory compliance for member districts. These topics may be adapted specifically to the needs of your district by editing and reformatting. If desired, the topic may be expanded with video/DVD, Powerpoint, or other media.

Instructions: Make copies of the handouts and quiz for those attending. As the facilitator for this training – please keep track of attendance in accordance with your district recordkeeping requirements. Thirty minutes should be allocated to allow for review/discussion of the handouts and the quiz – it is possible to condense the topic time to 15 minutes or less if time constraints are severe. You may use the quiz as a pre or post discussion topic; using it as a pre-quiz and then discussing the answers after review of the materials is a good way to assure an interactive session in a minimal amount of time.

Answers to Handout #2: PRE -QUIZ - Safe Driving - STAY SAFE AT THE WHEEL

1. The first rule of driving is:
a) buy a car **b) safety** c) develop skills d) learn to drift at 100 mph e) brake checks
2. Which term is not related to safe driving?
a) courtesy b) obey all laws c) responsibility **d) entourage** e) signal intentions
3. Driving while impaired because of taking a prescribed medication is legal. **False**
4. Angry drivers are able to focus better on the details of driving because of “adrenalin rush”. **False**
5. When too tired to drive, it is best to speed up to complete the trip before falling asleep. **False**
6. If the brakes fail, pumping on the brake pedal may help restore braking ability. **True**
7. If a front tire blows out, the best action(s) to take are:
a) steer against the pull b) avoid use of brakes c) slow down gradually
d) stay in your lane e) pull off the road safely **f) all are correct**
8. The driver is responsible for safety of passengers riding with him/her. **True**
9. If a head on collision is unavoidable, the best chance for survival is to:
a) lay down in the seat b) dodge to the left c) pull the hand brake
d) dodge to the right e) none of these are correct f) all of these are correct
10. To avoid following too closely, follow the “ _____ ” rule:
a) first car in the pack b) stay 10 mph under speed limit **c) two second**
d) last exit countdown e) slower is faster f) attention span
11. The “bonus” question adds extra feedback and interactive discussion from the group.

Gary Metzler, MERMA Loss Control Manager may be contacted regarding this topic by email or phone:

Email: gmetzler@merma.org Phone: (831) 783-3300 x13

File: M.0806 Safe Driving.doc

Safe Driving - Handout #1 - STAY SAFE AT THE WHEEL

The first rule of driving is safety. Whether driving for your employer or for yourself, never take chances that may prove to be unsafe. Keep your vehicle maintained and inspected regularly. Study your vehicle manual and be familiar with all controls and maintenance requirements. If there are passengers in your vehicle, don't forget, you are responsible for their lives as well as your own. Stay calm and alert while you are at the wheel. If you become sleepy or don't feel well while driving, pull over and stop at the first available chance. Courtesy while driving is another name for safe behavior. In addition to having a respect for others on the road, obey the speed limit and all other laws. Allow plenty of distance between your car and other vehicles and always signal your intentions at the appropriate moments. If a tailgater tries to force you to speed up, slow down and let that vehicle pass.

Most importantly, remember: alcohol and driving do not mix. Neither do drugs and driving—including medication (prescribed or over the counter) that may make you sleepy. If you are in an intoxicated condition or even in an emotional state that will affect your judgment—such as extreme anger—never, never, never get in on the driver's side of the car. Impairment of any kind makes the job of driving safely even more difficult – there are enough hazards without adding to them.

Here are a few fairly common emergency situations and how you can handle them:

1. If your brakes should fail when you try to use them, stay calm. Pump the pedal; this may restore the brake. If it does not, you can use the parking brake, but don't jam it too hard because on a curve this can cause a spin. You can also try downshifting to slow the car. If all else fails and the situation is extreme, sideswipe a curb, guard rail or some other stationery object, rather than hitting another car head on.
2. A collision with an oncoming vehicle is one of the most dangerous types of accidents you can have. Your best chances of survival are in dodging to the right. Even if you hit something along the road or collide with another car traveling in the same direction you are more likely to survive than in a head-on crash.
3. Blowouts are a pretty common type of vehicular accident. If a front tire should blow out, the car will pull to the side that the blowout is on. Try to steer against the pull. Don't put on the brake. Instead, hang on to the wheel and try to stay in your lane. Slow down a little at a time and pull off the road.
4. If you are forced off the road into deep water, escape through the window as quickly as possible. If power windows have short circuited and you are stuck inside, try the door. Keep pushing against water pressure until water begins to fill the compartment and the pressure equalizes. The door will then be easier to open.
5. Everyone has stories about going into a skid, particularly in nasty weather. In this situation, never put your foot on the brake. Instead, take your foot off the gas and turn the wheel into the skid. This should help you regain control. Be ready, however, for the car to skid in the opposite direction. Again, turn the wheel into the skid and to straighten the car.
6. Don't follow too closely. Use the "two second rule" - stay at least a minimum of 2 seconds behind the vehicle in front of you. The easiest way to make sure of that is to notice when the driver ahead passes something stationary, like a telephone pole. Start counting—"one thousand one," etc.—and be sure you complete at least "one thousand two" before you pass that same stationary object. If the weather is bad or if you're hauling a trailer, keep the distance even greater.

NOTES:

Handout #2: PRE -QUIZ - *Safe Driving - STAY SAFE AT THE WHEEL*

Name: _____ Date: _____

Department _____ Job Title _____

Instructions: Please provide the best answer for each question – the “best” answer may be open to discussion during review of the quiz!

- The first rule of driving is:
a) buy a car b) safety c) develop skills d) learn to drift at 100 mph e) brake checks
- Which term is not related to safe driving?
a) courtesy b) obey all laws c) responsibility d) entourage e) signal intentions
- Driving while impaired because of taking a prescribed medication is legal. True False
- Angry drivers are able to focus better on the details of driving because of “adrenalin rush”. True False
- When too tired to drive, it is best to speed up to complete the trip before falling asleep. True False
- If the brakes fail, pumping on the brake pedal may help restore braking ability. True False
- If a front tire blows out, the best action(s) to take are:
a) steer against the pull b) avoid use of brakes c) slow down gradually
d) stay in your lane e) pull off the road safely f) all are correct
- The driver is responsible for safety of passengers riding with him/her. True False
- If a head on collision is unavoidable, the best chance for survival is to:
a) lay down in the seat b) dodge to the left c) pull the hand brake
d) dodge to the right e) none of these are correct f) all of these are correct
- To avoid following too closely, follow the “_____” rule to maintain distance:
a) “first car in the pack” b) “stay 10 mph under speed limit” c) “two second”
d) “last exit countdown” e) “slower is faster” f) “attention span”
- Bonus Question: Do you have something to add to the discussion regarding your experience with situations involving safe driving?

