



Defensive Driving

The CompWest Difference

CompWest customers are assigned a dedicated loss control consultant to identify and address loss trends while serving as a safety resource.

Defensive driving can have a significant impact on workers' safety. A vehicle, whether it's a company vehicle or personal transportation, can be a deadly machine in the hands of a careless driver. A good defensive driving attitude is the key to worker safety on the road. Statistics show what can happen without it:

- Motor vehicle accidents are the most common cause of death for workers.
- 1 in 4 fatal work injuries involves a vehicle accident.
- Someone is injured every 18 seconds while driving.
- More than 2 million disabling injuries result from vehicle accidents each year.
- A person dies in a car crash every 11 minutes.

Seatbelts save more than 100,000 lives yearly.

Beware of aggressive drivers: Aggressive drivers are hazardous drivers. The following are signs of aggressive driving:

- **Not paying attention.** Reading, eating, drinking or talking on the phone are extremely distracting behaviors and can be a cause of roadway crashes.

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- **Tailgating.** This is a major cause of crashes that can result in serious injuries or death.
- **Making frequent lane changes.** If you whip in and out of lanes to advance ahead, you can be a danger to other motorists.
- **Running red lights.** Do not enter an intersection on a yellow light. Remember, flashing red lights should be treated as a stop sign.
- **Speeding.** Going faster than the posted speed limit, being a “road racer” and going too fast for conditions are some examples of speeding.

When confronted with aggressive drivers, take the following precautions:

- **Get out of the way.** First and foremost make every attempt to get out of their way.
- **Put your pride aside.** Do not challenge them by speeding up or attempting to hold your own in your travel lane.
- **Avoid eye contact.** Eye contact can sometimes enrage an aggressive driver.
- **Ignore gestures.** Ignore gestures and refuse to return them.
- **Report serious aggressive driving.** You or a passenger should call the police. If using a cell phone, pull over to a safe location.

Drive safe to arrive safe: Always plan ahead before hitting the road and allow yourself extra time to reach your destination.

- **Concentrate.** Don't allow yourself to become distracted by taking on your cell phone, eating, drinking or putting on makeup.
- **Relax.** Tune the radio to your favorite relaxing music. Music can calm your nerves and help you to enjoy time in the car.
- **Drive the posted speed limit.** Fewer crashes occur when vehicles are traveling at or about the same speed.
- **Identify alternate routes.** Try mapping out an alternate route. Even if it looks longer on paper, you may find it is less congested.
- **Use public transportation.** Public transportation can give you some much-needed relief from life behind the wheel.

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