

Defensive Driving Technique

Defensive Driving Techniques - Rules and Procedures

Introduction

Defensive driving is a strategy that focuses on staying alert, anticipating hazards, and making safe decisions to prevent accidents. By following proper procedures and obeying road rules, drivers can ensure their safety and that of others. Defensive driving is not just about following traffic laws—it's about proactively avoiding dangers on the road.

Rules of Defensive Driving

1. **Stay Focused and Alert** – Avoid distractions like mobile phones, eating, or loud music while driving. Keep your eyes on the road and your hands on the wheel.
2. **Maintain a Safe Following Distance** – Follow the **three-second rule** to ensure enough space between your vehicle and the one ahead. Increase it to **six seconds** in bad weather or poor road conditions.
3. **Obey Speed Limits** – Driving within the speed limit improves reaction time and reduces accident risks. Always adjust speed based on road conditions, traffic, and visibility.
4. **Use Mirrors and Check Blind Spots** – Frequently check your rearview and side mirrors. Always glance over your shoulder before changing lanes to avoid hitting unseen vehicles.
5. **Anticipate Other Drivers' Actions** – Assume other drivers might make mistakes. Be prepared for sudden stops, reckless driving, or unexpected lane changes.
6. **Observe Traffic Signs and Signals** – Always follow road signs, stoplights, and lane markings to prevent collisions and maintain orderly traffic flow.
7. **Adjust Driving for Weather Conditions** – Slow down in rain, fog, or icy conditions to prevent skidding or losing control of the vehicle. Use headlights when necessary.

Defensive Driving Procedures

- **Pre-Drive Vehicle Check** – Inspect tires, brakes, headlights, and mirrors before starting your journey. Ensure your vehicle is in good working condition.
- **Scanning the Road Ahead** – Look **20 to 30 seconds ahead** to anticipate hazards like pedestrians, vehicles suddenly stopping, or roadblocks.
- **Managing Intersections Safely** – When approaching intersections, slow down and be ready to stop. Look both ways before proceeding, even if you have the right of way.

- **Safe Lane Changing** - Signal before switching lanes, check mirrors, and ensure no vehicles are in your blind spot. Avoid sudden lane changes.
- **Handling Aggressive Drivers** - If confronted by reckless or impatient drivers, stay calm and avoid engaging in road rage. Maintain your distance or pull over safely if needed.
- **Emergency Preparedness** - Keep an emergency kit with tools, a flashlight, first aid supplies, and important contacts in case of breakdowns or accidents.