

## SAFE DRIVING TECHNIQUE (DEFENSIVE DRIVING TECHNIQUE)

### 168 Safe/Defensive driving technique:

Driving safely and competently demands the total involvement of most of your senses. It is not enough to gain physical mastery of the vehicle without cultivating an awareness of the environment. A good driver can interpret, anticipate and act unhesitatingly under adverse driving conditions.

### 169 Adverse conditions include:

- (a) Driver conditions
- (b) Weather conditions
- (c) Light conditions
- (d) Road conditions
- (e) Traffic conditions

### 170 DRIVER CONDITIONS

Your physical and mental condition can affect your driving. These conditions are:

- (a) Your vision,
- (b) Your physical health,
- (c) Your mental state,
- (d) Consumption of alcohol and drugs.

171 Eighty percent (80%) of information perceived while driving comes through the driver's eyes. It is therefore important that you make optimal use of your eyes when driving. Do not fix your eyes on a particular object for longer than necessary. Keep moving your eyes about every two seconds or so. Also, take regular glances at the rear view mirrors every five to ten seconds so that you are aware of the changing situation around you.

172 Tiredness, giddiness and being unwell can effect your concentration on the road. If you feel unwell or tired, do not drive.

173 Anger, worry and stress can also reduce concentration and may lead to rash or careless driving on the road.

174 Consumption of alcohol and certain types of drugs affect your judgement, concentration and reaction time. If you are on medication, check with your doctor whether the prescribed medicine you are taking will affect your driving ability. If so, do not drive. It is also unsafe for you to drive if you have consumed alcohol.

175 It is an offence for a person to drive or attempt to drive a vehicle while under the influence of alcohol. If a driver is suspected to be under the influence of alcohol, he/she will be required to undergo a breath analyser test. A person with a BAC (Blood Alcohol Concentration) exceeding 80mg per 100ml of blood is presumed incapable of controlling his/her vehicle properly.