



Theoretical Driving Course (TDC) for Student-driver's Permit Applicants



Subject No. 4

Defensive Driving and Motor Vehicle Maintenance

Subject Code: TDC-15-S-04



DEFENSIVE DRIVING AND MOTOR VEHICLE MAINTENANCE



Topic Outline:

1. Attitude and Behavior
2. Road Safety, Sharing, Courtesy and Discipline
3. Understanding and Avoiding Road Rage
4. Stress Management
5. Causes and Prevention of Road Crashes and Breakdowns
 - a. Human Factors that may Affect Driving
 - b. DR. BLOWBAGSY
6. Engineering / Infrastructure Factor



DEFENSIVE DRIVING METHOD



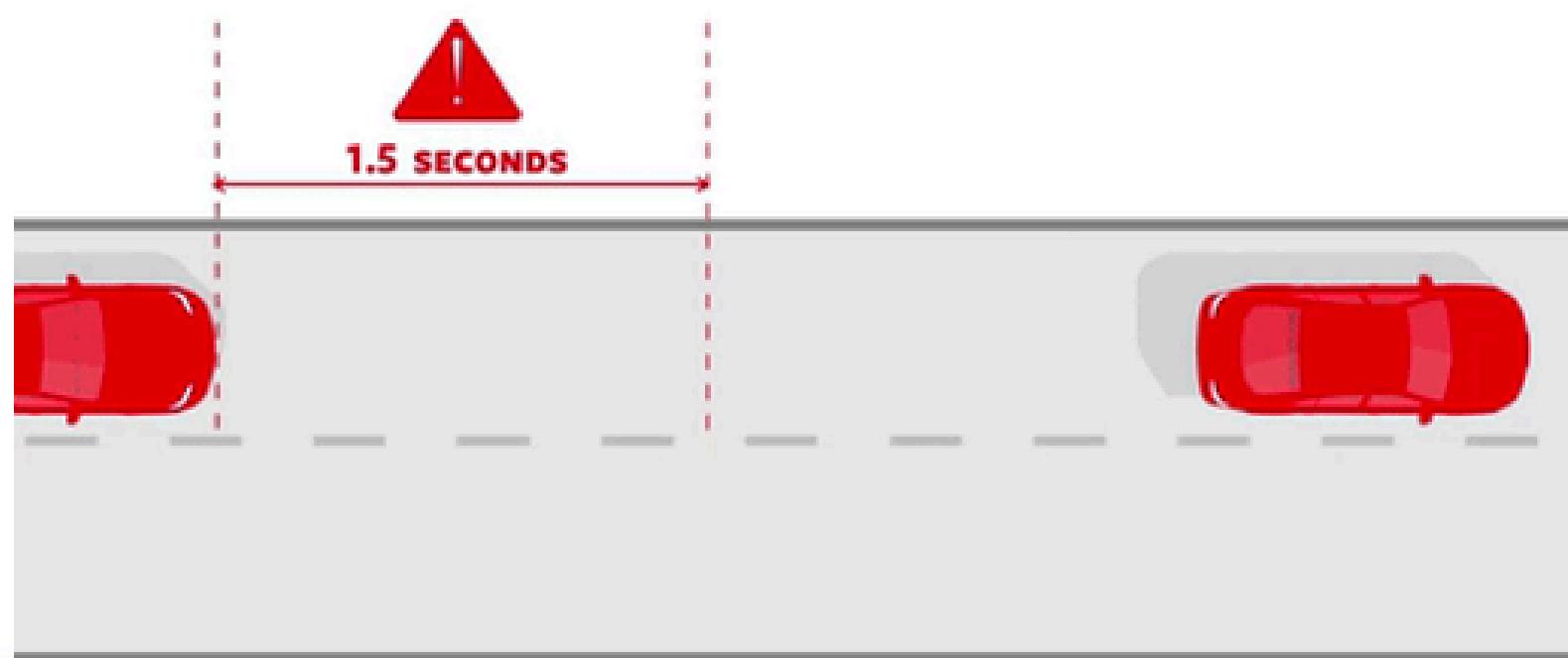
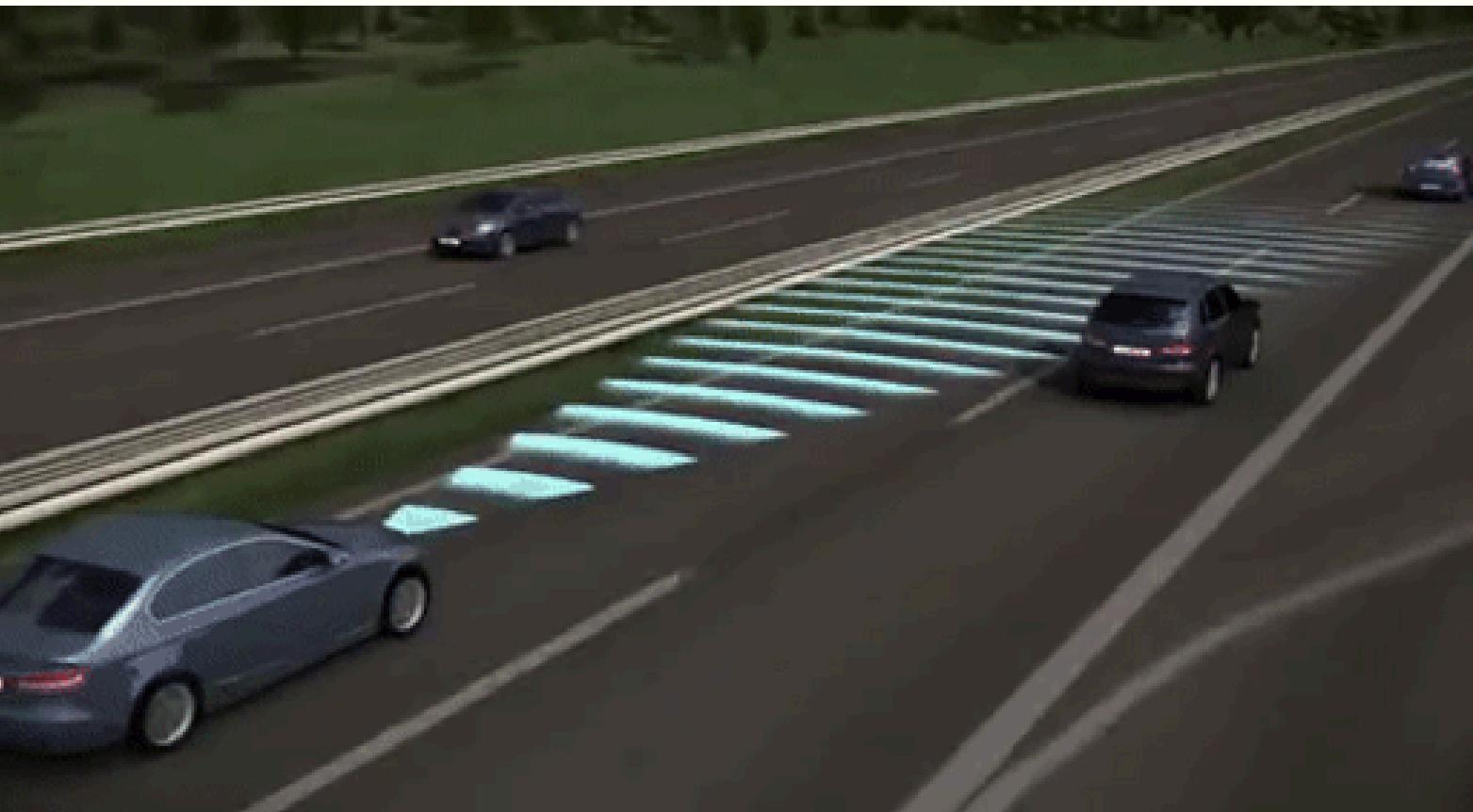
Search- the road seen ahead,
around, and rear of the
vehicle

Identify- the potential and
immediate hazard on the road

Predict- the actions of other
road user

Decide- what to do to avoid
unsafe situation

Execute- the action as a result
of decision





**SAFETY LAWS
ARE NEEDED TO PROTECT
THE IGNORANT FROM
WHAT THEY DON'T KNOW,
THE IDIOTIC FROM
THEMSELVES,
AND THE INNOCENT FROM
THE ACTIONS OF THE OTHER TWO.**



ROAD SAFETY SHARING METHOD

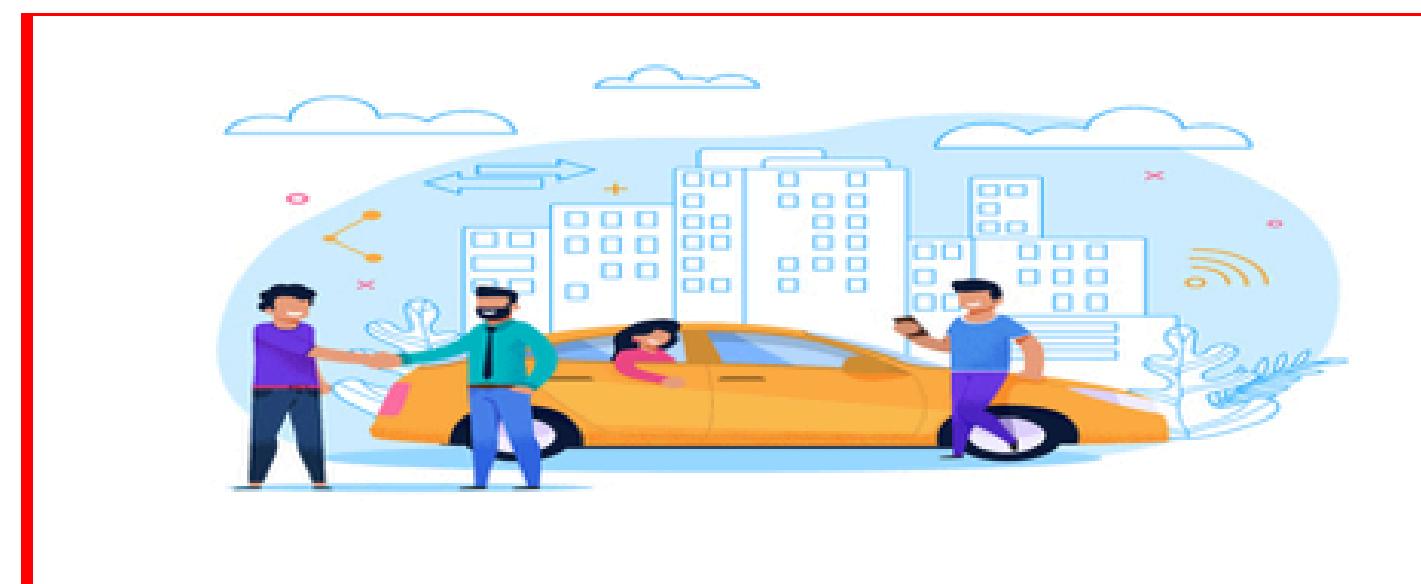


✓ **With emergency vehicles**

✓ **With trucks and buses**

✓ **With beginners**

✓ **With other road users**



- Be aware and give way to pedestrians, cyclists, street vendors, law enforcers, construction workers, etc.
- Allow enough space for other road users.
- Be extra cautious when maneuvering on a dense road.
- Be careful when passing school zones and markets or malls.
- Be aware and considerate of PWDs
- Avoid using excessive horn.



Road Safety Courtesy



**BE COURTEOUS
TO YOUR
FELLOW ROAD
USERS**





Road Discipline



**AS A ROAD USER, WE
MUST BE AWARE OF
THE TRAFFIC LAWS,
RULES, AND
REGULATION**





PRACTICE SELF-DISCIPLINE



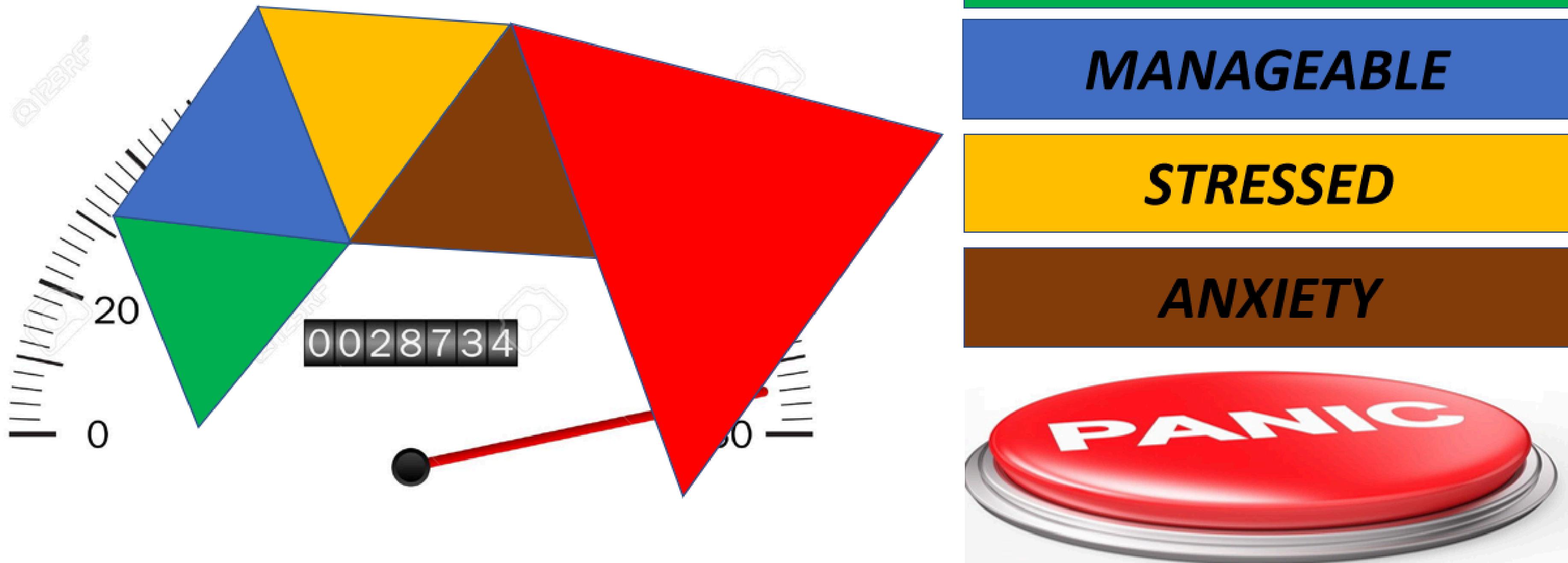
Road Discipline







STRESS O-METER





**STRESS
IS
CONTAGIOUS**



STRESS MANAGEMENT



S Smile and Laugh

T Talk yourself through it

R Relax, Enjoy, and be Happy ☺

E Eat Right

S Spend time with family/ friends/ pets

S Sleep well / Better

M Meditate and Focus at present

A Almighty (Pray)

N Notes- Write it down

A Avoid too much caffeine

G Gum

E Exercise

M Music

E Embrace and Cuddle

N “No”, learn to say it

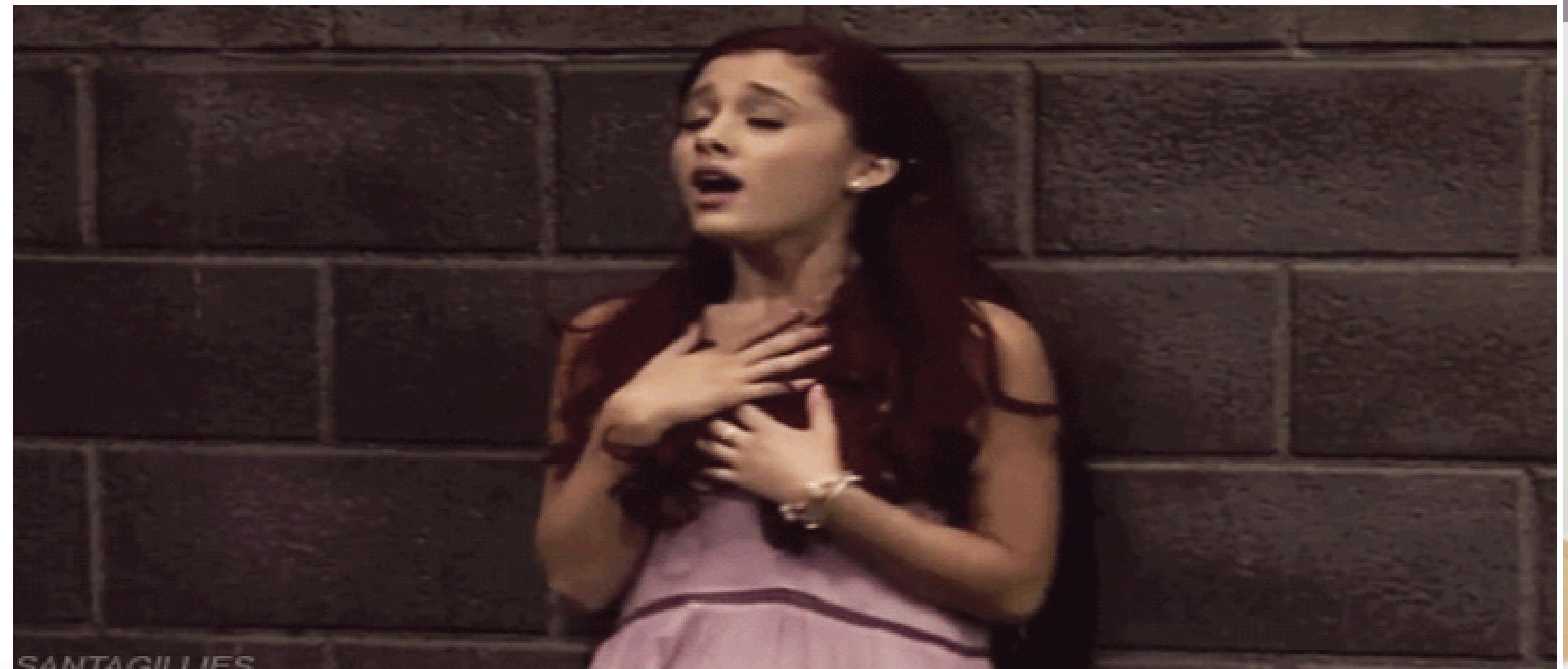
T Take a deep breath



Road Discipline



**IS IT WORTH IT TO
OVERCOME STRESS?**





STRESS MANAGEMENT

Failure to
overcome
stress will...





ROAD RAGE and ANGER MANAGEMENT



MOTORISTA kontra MOTORISTA



MGA MALULUBHANG KASO NG ROAD RAGE SA PILIPINAS

RAUL BAUTISTA vs. SOWAIB SALIE

- Imus, Cavite
- Paulit –ulit na pagbusina ni Salie
- Nauwi sa barilan
- 6 patay kabiilang si Bautista at 2 anak at driver at si Salie at ang kapwa niya negosyante



ROAD RAGE and ANGER MANAGEMENT



MOTORISTA kontra MOTORISTA



MGA MALULUBHANG KASO NG ROAD RAGE SA PILIPINAS

IDON MAGUAN vs. ROLITO GO

1991, San Juan

Nag-counterflow si Go at muntik bumangga sa
kotse ni Maguan

Binaril ni Go si Maguan at agad namatay

Nakulong si Go na pang-habambahay



ROAD RAGE and ANGER MANAGEMENT



MOTORISTA kontra MOTORISTA



MGA MALULUBHANG KASO NG ROAD RAGE SA PILIPINAS

FELIBER ANDRES Vs. INOCENCIO GONZALES

- 1998, Marikina
- Nagkabanggaan ang mga kotse
- Pinagbabaril ni Gonzalez ang kotse ni Andres.
- Namatay si Andres at ang kanyang buntis na asawa at malubhang nasaktan ang kanyang 2 taong gulang na anak at pamangkin
- Hinatulan ng “guilty” si Gonzales sa kasong murder with double frustrated murder at attempted murder at na sentensyahan ng Death by lethal injection



ROAD RAGE and ANGER MANAGEMENT



MOTORISTA kontra MOTORISTA



MGA MALULUBHANG KASO NG ROAD RAGE SA PILIPINAS

FELIBER ANDRES Vs. INOCENCIO GONZALES

Bukod doon, siya ay pinagbayad ng mga sumusunod:

- P50,000.00 - Feliber Andres
- P3,363,663.60 - as indemnity for the loss of earning capacity of the deceased Feliber Andres.
- P98,384.19 - Funeral Expenses
- P271,800.56 - For hospitalization expenses of Feliber Andres
- P23,622.58 - Expenses for untimely delivery of child
- P51,566.00 - Hospitalization of injured son, Kenneth Andres
- P150,000.00 - Moral damages of Feliber and caused to son Kenneth
- P50,000.00 - Attorney's fee @ P2,000.00 per appearance

Total damages - P4,059,036.93 + conditions/prohibitions, etc.



ROAD RAGE and ANGER MANAGEMENT



MOTORISTA kontra ENFORCER



MOTORISTA kontra PEDESTRIAN





ROAD RAGE and ANGER MANAGEMENT



MOTORISTA kontra PASAHERO



MOTORISTA kontra SARILI





ROAD RAGE (ALSO ROAD VIOLENCE)



**MARAHAS NA KILOS AT PAG-IISIP BUNGA
NG MATITINDING EMOSYON TULAD NG:**

- GALIT AT PAGKAYAMOT
- KILOS
- PANG IINSULTO
- PAGBABANTA
- BARUMBADONG PAGMAMANEHO O
WALANG PAKUNDANGAN
- PAKIKIPAG-AWAY, PAKIKIPAGSIGAWAN,
AT PAKIKIPAGSAGUTAN





ROAD RAGE



ROAD RAGE CAN LEAD TO:

- PANANAKIT NG KAPWA
- AKSIDENTE TULAD NG BANGGAAN

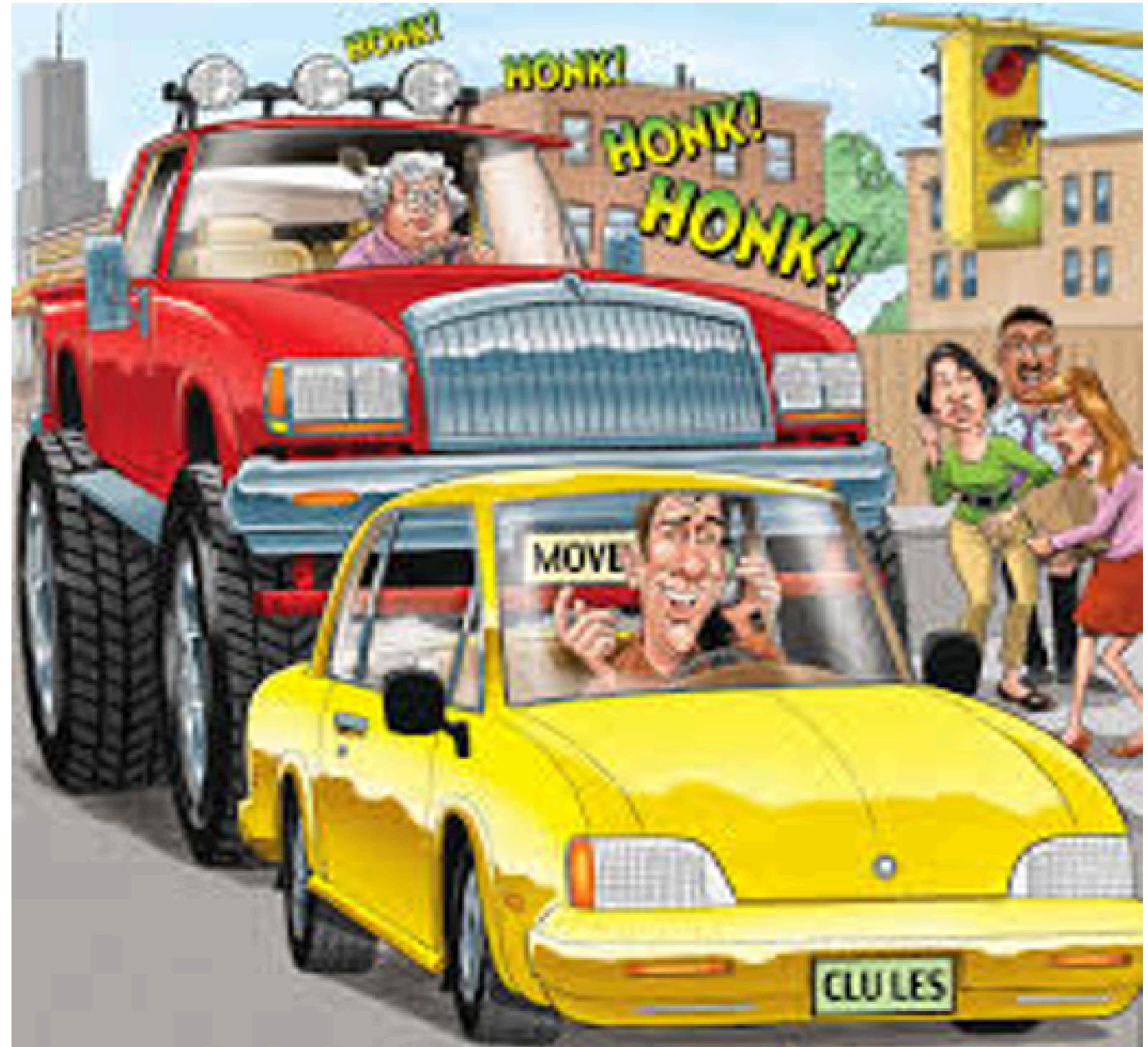
**MAAARING MAGDULOT NG
PINSALA O KAMATAYAN**



ROAD RAGE

KARANIWANG PARAAN NG PAGPAPAKITA NG ROAD RAGE

- Agresibong pagmamaneho tulad ng biglaang pag arangkada, pagpreno at pag tutok
- Sobrang pag gamit ng flasher at paulit-ulit na pag bubusina
- Humihiyaw o naninigaw
- Nagmumura, nananakot, o nambabanta



ROAD RAGE

KARANIWANG PARAAN NG PAGPAPAKITA NG ROAD RAGE

- Biglaang pagsingit sa lane, o kaya'y mas magmamabilis kapag may napansing gustong sumingit sa lane mo
- Pagmamaneho ng napaka bilis sa gitna ng highway upang takutin ang motorista sa magkabilang lane
- Nanghahabol ng ibang motorista





ROAD RAGE



KARANIWANG PARAAN NG PAGPAPAKITA NG ROAD RAGE

- Bababaan ang naka alitang motorista para makipag away, tulad ng paghampas ng tubo sa kotse ng naka alitan
- Pagtatapon ng mga bagay mula sa kotse para matamaan ang nakaka alitan o kaya ang sasakyang niya



1. ESTADO NG KAPALIGIRAN

- Matinding trapik
- Kalagayan ng panahon (init, alinsangan, etc.)
- Ingay
- Kakulangan sa oras



2. MAPAGHIGANTING PAG IISIP O KILOS

- Paghihiganti sa mga motoristang hindi nag iingat sa kalsada



3. MAPAG ALMA PAGDATING SA TERITORYO

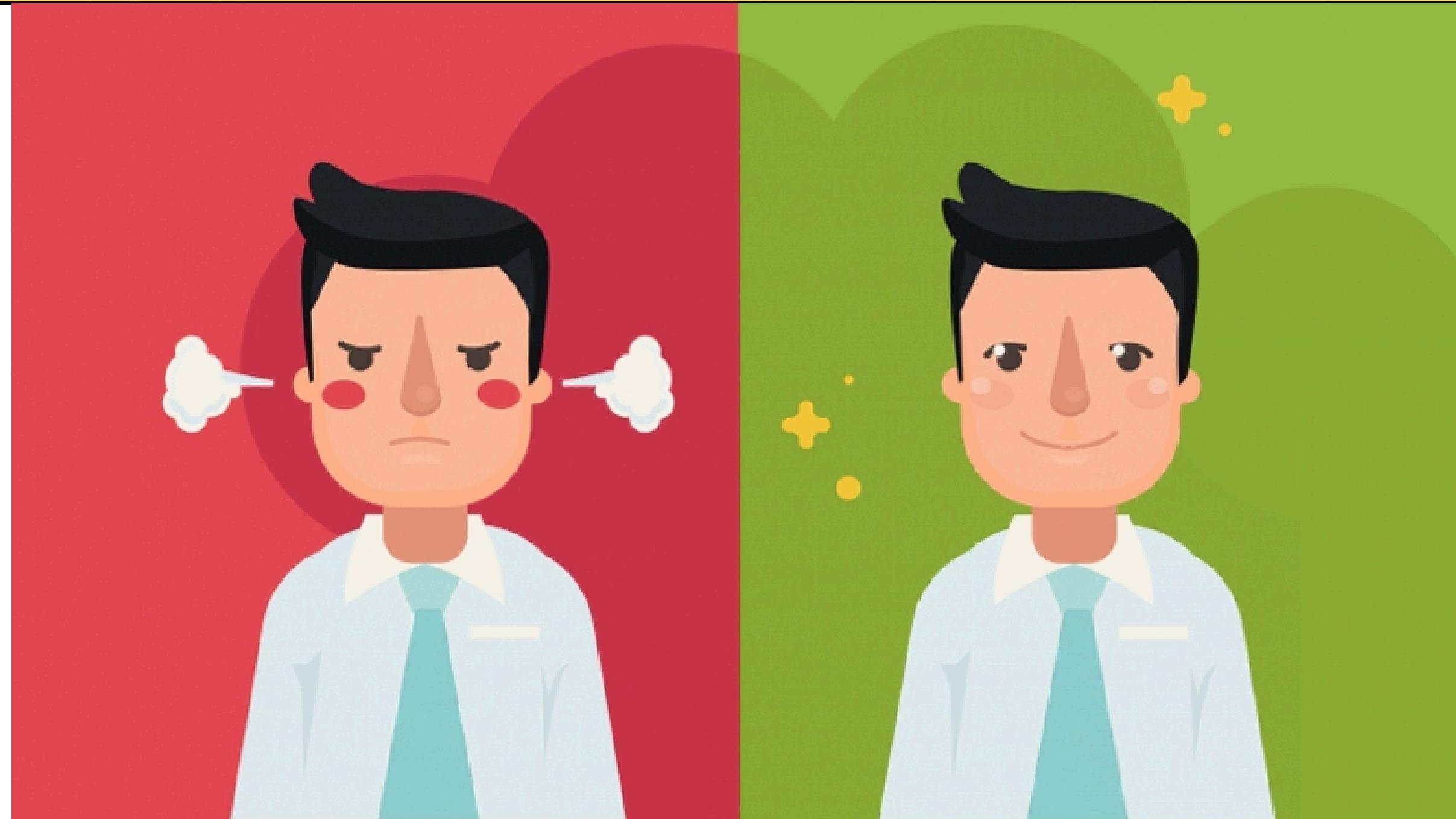
- Pag protekta ng iyong “territoryo” bilang reaksyon sa pagmamaneho ng iba



ANGER MANAGEMENT



PAANO BA HARAPIN NG TAMA ANG GALIT?





ANGER MANAGEMENT: PAANO BA HARAPIN NG TAMA ANG GALIT?



1. MAGING RESPONSABLE SA DAAN

- Galit ng iba ay maiiwasan kung tayo ay responsable sa daan
- Magkaroon ng pag-ako sa sariling mga asal, "Ano kaya ang naging papel ko sa naging galit na reaksyon ng ibang motorista?"



2. PLANUHIN ANG ORAS NG MABUTI

- Subukang umalis ng mas maaga sa takdang oras para hindi nagmamadali. Madalas nangyayari ang road rage dahil nagagahol at naghahabol ng oras ang tao.
- Panatilihing mahinahon at wag magmaneho ng napaka bilis para makahabol sa oras at makadami ng pasahero. Baka masayang lang ang kita mo sa pagbabayad ng penalty, bangga o pagka ospital.



3. IHANDA ANG SARILI SA ANUMANG PANGYAYARI

- Bago ka umalis ng bahay, isipin na ang mga pwedeng maging sitwasyon sa daan at kung paano ka tutugon ng maayos dito
 - Kadalaan ang nakakapag pagalit sa atin ay ang mga hindi inaasahang pangyayari





ANGER MANAGEMENT: PAANO BA HARAPIN NG TAMA ANG GALIT?



4. MAGPARAYA AT MAGPATAWAD

- Kung may mag-cut sa iyo, isipin mo na lang na baka may emergency siya. Totoo't hindi ito dahilan upang maging irresponsable sa daan ngunit ang iyong pagpapatawad at pagpaparaya ay maaaring makapag ligtas ng buhay
 - At paano kung ikaw naman ang may emergency?
- Isipin ding maaaring nagkamali at hindi naman sinasadya ng nagmamaneho ng isang sasakyang Lahat naman tayo nagkakamali.





ANGER MANAGEMENT: PAANO BA HARAPIN NG TAMA ANG GALIT?



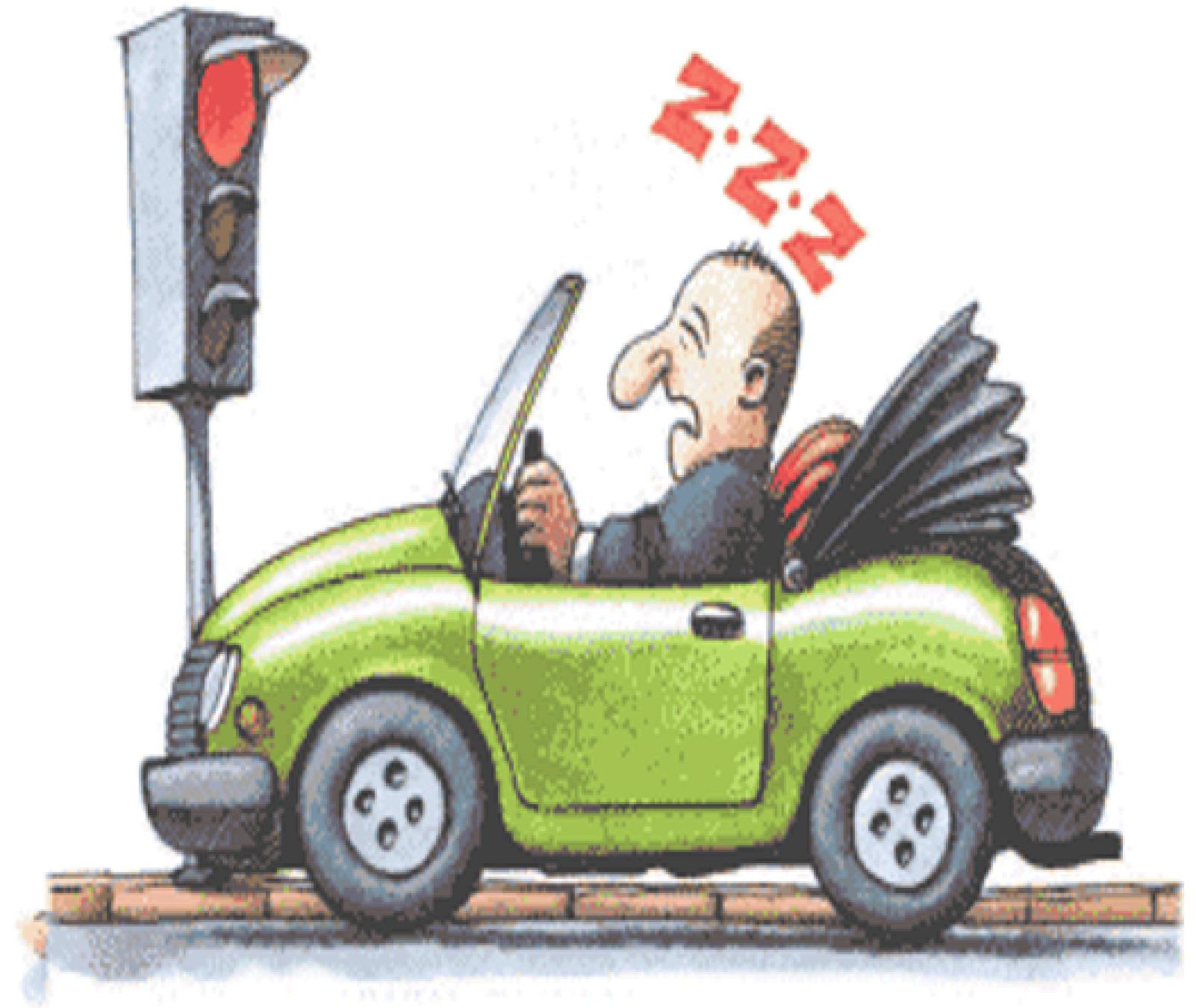
5. ISIPIN ANG IYONG MGA MAHAL SA BUHAY

- Maglagay ng larawan ng iyong mga mahal sa buhay sa iyong sasakyang:
 - Isipin ang maaaring mangyari kung:
 - ✓ Mamatay ka sanhi ng road rage
 - ✓ Makulong ka dahil sa pananakit o pag patay ng iba
 - ✓ Maubos pera sa pagbayad ng danyos?



6. MATULOG NG MABUTI

- Mas magiging mapag pasensya at alerto tayo kapag sapat sa tulog
 - Iwas pagka irita
 - Iwas away
 - Iwas sita (sa mga traffic violation)





ANGER MANAGEMENT: PAANO BA HARAPIN NG TAMA ANG GALIT?



7. MAG ISIP NG EPEKTIBONG PARAAAN SA PAMPA-RELAX

- **Bawas inis sa daan kapag marunong mag relax**
 - ✓ Huminga
 - ✓ Makinig ng music
 - ✓ “Mindfulness”
 - ✓ Pabango sa sasakyen
 - ✓ Magdasal
 - ✓ Daanin sa tawa ang inis
- Isantabi muna ang mga problema pag nagmamaneho
- Gumamit ng “emotion regulation” o pagkontrol ng emosyon



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ANGER MANAGEMENT: PAANO BA HARAPIN NG TAMA ANG GALIT?



8. IBUHOS LAHAT NG ATENSYON SA PAGMAMANEHO

- Huwag gumawa ng kung anu ano habang nagmamaneho
- Sundin ang Anti Distracted Driving Law.
 - Pag naka pokus, iwas aksidente, iwas away
 - Huwag mag text/tumawag/ mag Facebook/Instagram/Twitter



9. MAGING MABAIT AT MAPAGBIGAY

- Sundin ang Golden Rule
- Maging mapag bigay kahit ang iba ay hindi
 - Hayaan silang mag “merge”, mag overtake, etc.
 - Kumaway at mag “sorry” sa di inaabangan pagkakamali
- Pigilan ang negatibong pag iisip at damdamin, paminsin lamang positibo
 - Ikumpara mo ang kinakahinatan sa iyong saloobin at sa iyong paligid ng pagpaparaya kaysa pag galit kung may mag-cut sa iyo sa daan





ANGER MANAGEMENT: PAANO BA HARAPIN NG TAMA ANG GALIT?



10. TANDAAN MONG LAGING MAY NAGMAMASID

- Ang iyong road rage ay maaaring nakikita sa cctv o kaya dash cam. Ang kasunod niyan ay baka mailagay ka sa balita o social media. Siguradong kaliwa't kanang batikos ang maririnig mo.





ANGER MANAGEMENT: PAANO BA HARAPIN NG TAMA ANG GALIT?



11. KILALANIN ANG SARILI, LALO NA ANG MGA UGALING AGRESIBO

- Dapat alam mo kung ano ang mga agresibo mong asal na magandang iwasan.
 - Pagmumura, paghataw sa manibela, etc.





HEALTH ISSUES THAT MAY AFFECT DRIVING



HEALTH ISSUES THAT MAY AFFECT DRIVING



DRIVER'S FATIGUE





HEALTH ISSUES THAT MAY AFFECT DRIVING



POOR EYESIGHT





HEALTH ISSUES THAT MAY AFFECT DRIVING



TEMPORARY ILLNESSES





ASK YOURSELF: AM I SAFE?



ILLNESS – do I have any symptom?

MEDICATION – am I taking any over the counter prescription or other drugs?

STRESS – any worries about the job, finances or families?

ALCOHOL – have I been drinking for the last twenty-four hours?

FATIGUE – have I worked more than my physical ability, with incomplete rest?

EATING – am I hungry?



THE PRE-DRIVING CHECKLIST BEFORE DRIVING





FIRST THING FIRST



Roadworthiness is the ability of a motor vehicle to be in a suitable operating condition or meeting acceptable standards for safe driving and transport of people, baggage or cargo in roads or streets

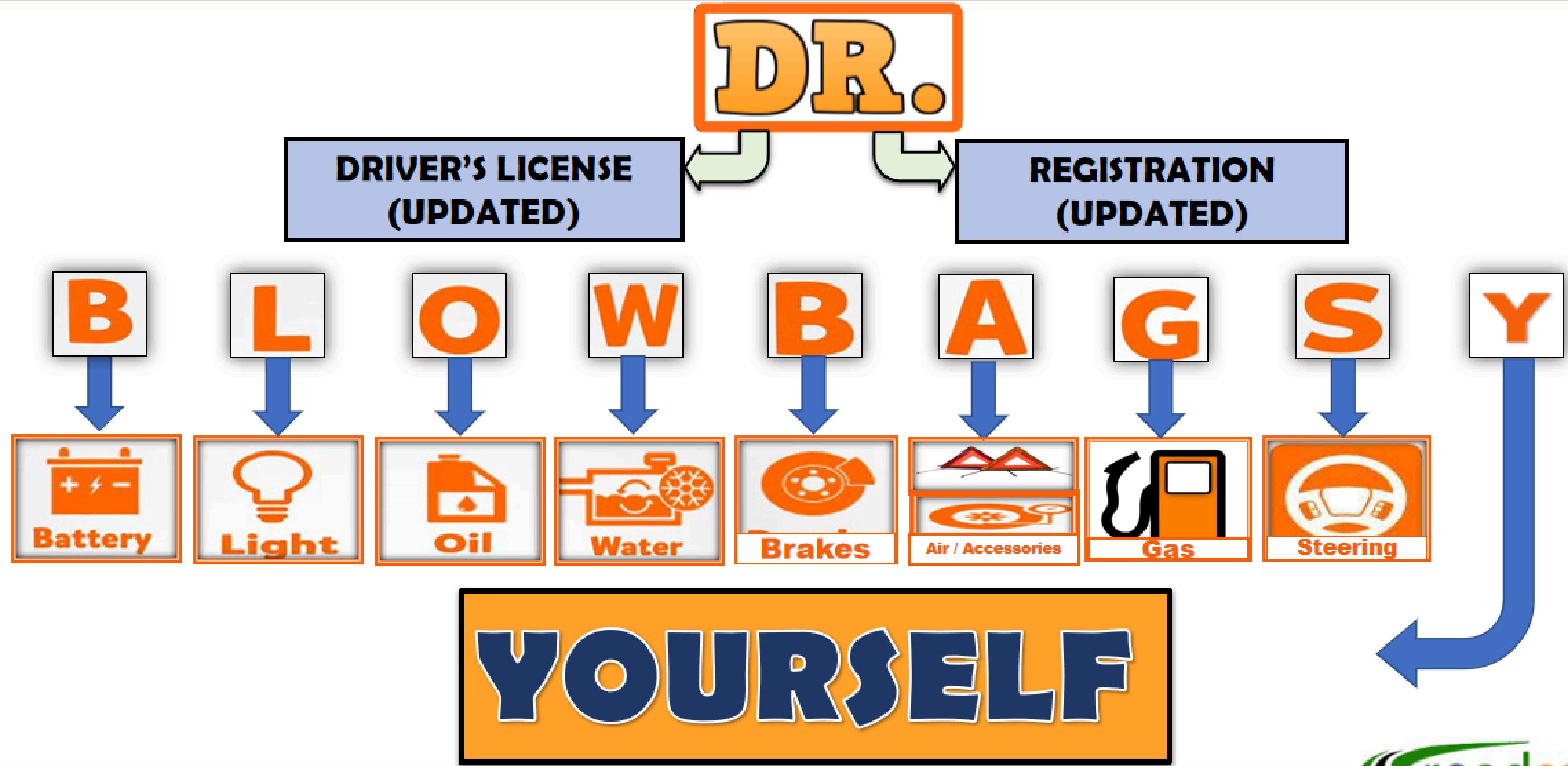
Unsafe Motor Vehicles

- a. Below satisfactory maintenance performance
- b. Insufficient support from the Company
- c. Abusive handling or driving
- d. Lack of basic trouble shooting seminar or training

- Reactive Maintenance
- Proactive Maintenance



THE PRE-DRIVING CHECKLIST BEFORE DRIVING





Arrogance and limited knowledge of the law *(Kayabangan at kamangmangan)*



Speeding

Carelessness – illegal turns and change of lanes

Blind Curve recklessness

Disregarding Road Traffic Signs, Signals and Warnings

Allowing other person to drive

Lack of Discipline and Proper Training





CARELESSNESS – ILLEGAL TURNS AND CHANGE OF LANES





DISREGARDING ROAD TRAFFIC SIGNS, SIGNALS AND WARNINGS

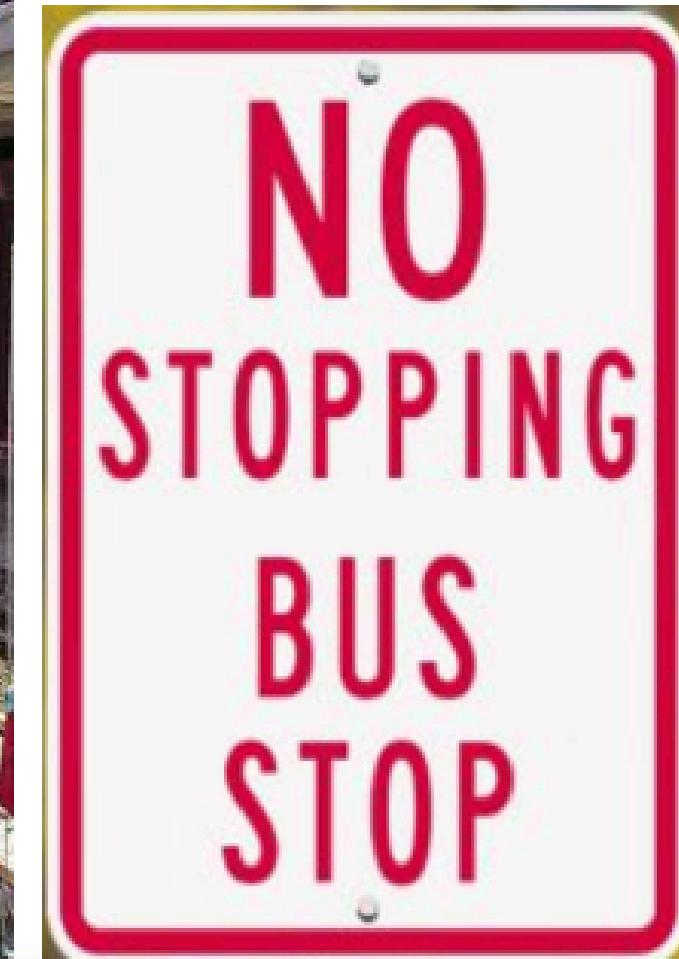




LACK OF DISCIPLINE AND PROPER TRAINING



Improper warning Signs

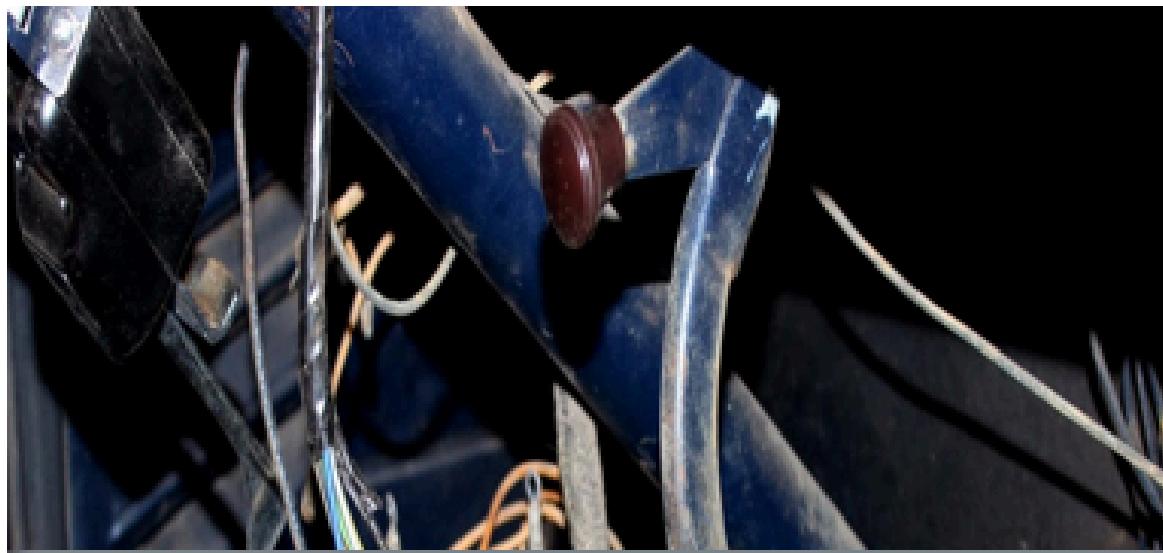




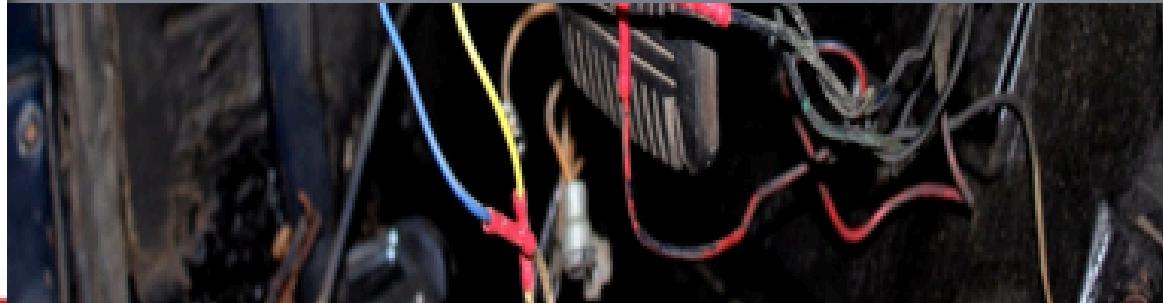
COMMON ROAD CRASH AND BREAKDOWN DUE TO MECHANICAL PARTS



Electrical Wirings



**Never add or alter
ELECTRICAL
Accessories without
proper authority**



Exhaust Manifold



Signs and Symptoms of Manifold Leak

- Low power or low engine efficiency
- Poisonous carbon monoxide (colorless/odorless smoke) may go inside the cabin
- Crack pipe
- Extra volume of noise within engine compartment
- Sputtering – soft explosive sounds

Oil Leak

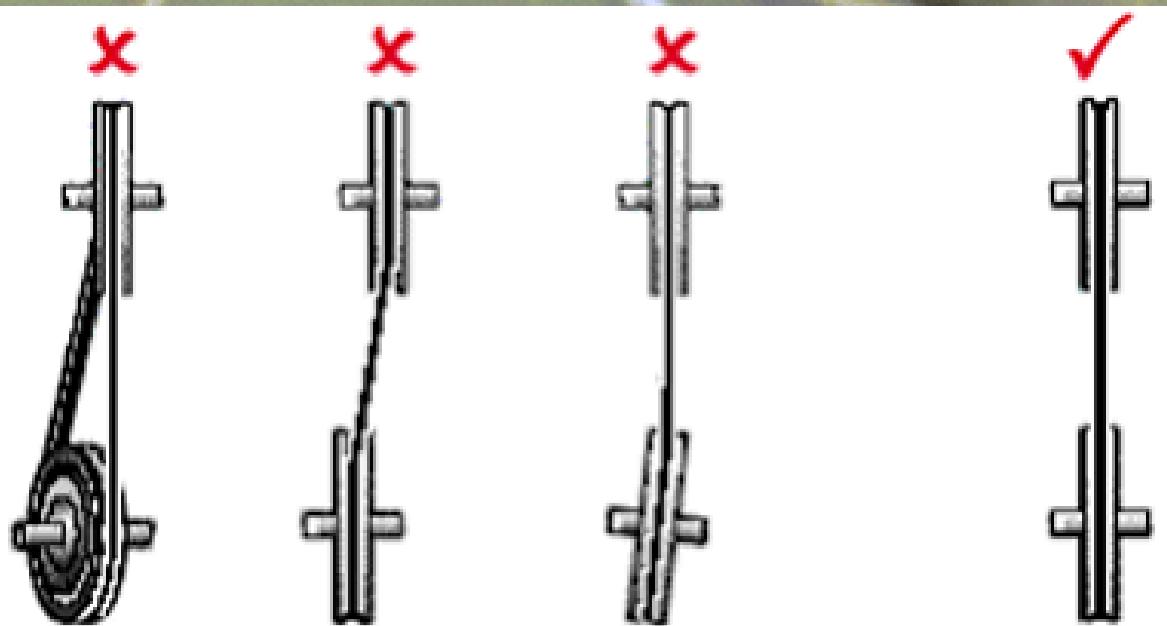
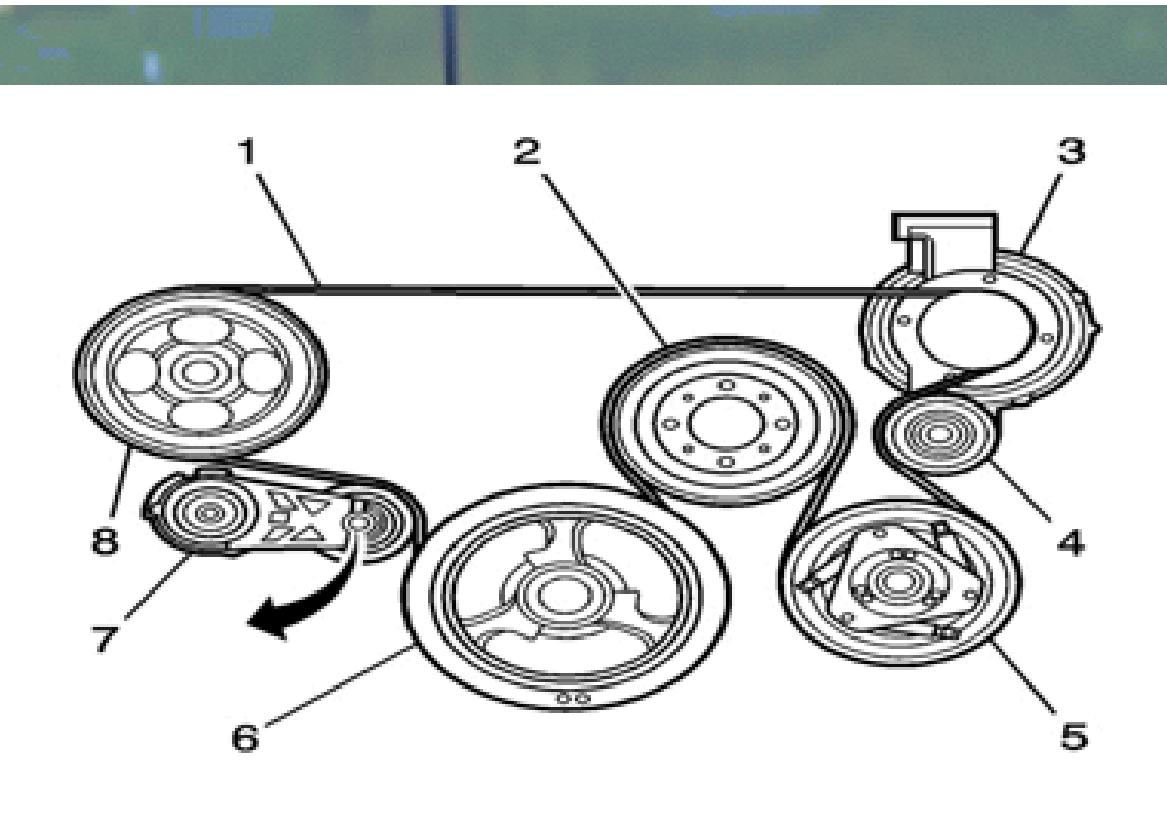


Causes of Oil Leaks

- Back Job
- Prolonged Idling
- Over RPM
- Substandard Gaskets or O-rings

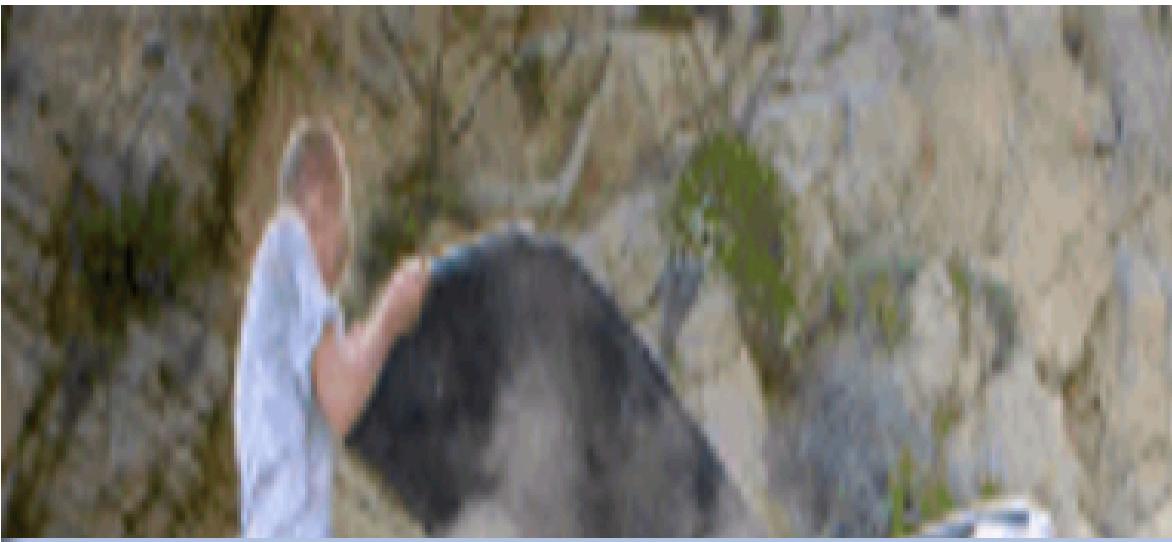
COMMON ROAD CRASH AND BREAKDOWN DUE TO MECHANICAL PARTS

Crabbing Issue



Quickly identifies type of misalignment.

Overheating



Common Symptoms of Overheating

- High Temperature Gauge
- White Exhaust
- Low Power

Brake Fade



Be aware of brake warning light
Symptoms of Brake Failure

- Hearing a Metallic Squeal While You're in Motion
- Grinding Sound, Wobbling, Vibration or Scraping.
- Leaking Fluid
- Car Pulling to One Side When Braking
- Burning Smell While Driving
- Hard brake pedal



COMMON ROAD CRASH AND BREAKDOWN DUE TO MECHANICAL PARTS AND UNEVEN ROADS



Flat tires & Wheel Nuts



Pot Holes





COMMON ROAD CRASH AND BREAKDOWN DUE TO:



Undiscipline Pedestrian



Rains Flood & Etc..





WHAT TO DO ON WET OR FLOODED ROADS?



Be Aware, Calm and Ready

**As much as possible do not step on the
brake**

**Reduce Speed, by releasing the accelerator
pedal**

**Gently step on the brakes after passing the wet road to
dry the brake pads, rotors, linings and drums.**



Safety Measures first Otherwise:

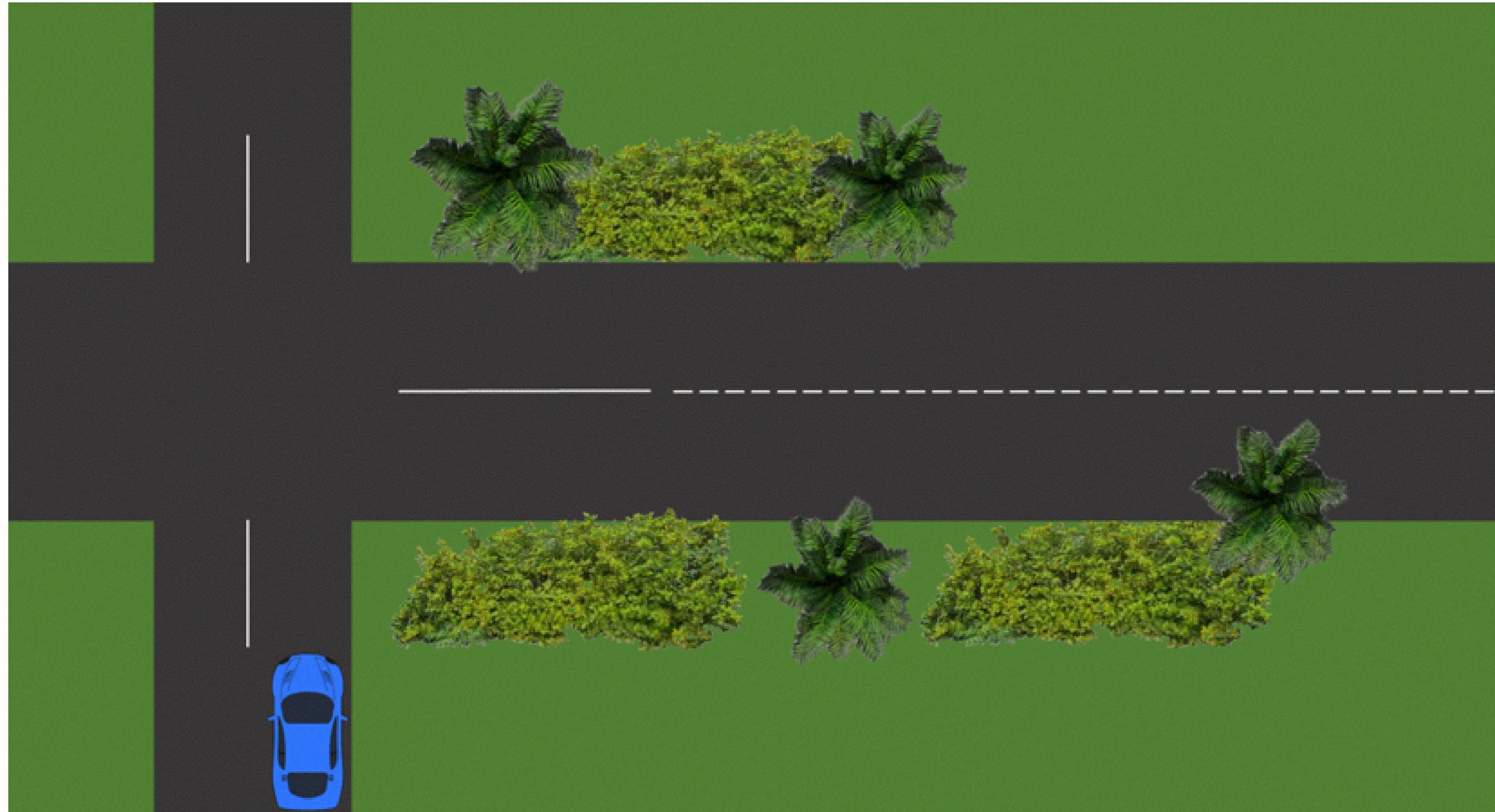




DOCTRINE OF LAST CLEAR CHANCE



A person who has the last clear chance or opportunity of avoiding a road crash and neglected to avoid such road crash may be jointly held liable.



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**THANK YOU
DRIVE SAFELY!**