

ZRS Safety Huddle Guide

10-4 Defensive Driving

Why this Matters

- According to the National Safety Council, an estimated 46,980 people die in motor vehicle crashes annually in the U.S.
- Approximately 45% of fatal crashes are caused by:
 - **Speeding**
 - **Alcohol impairment**
 - **Not wearing a seat belt** - over 90% of drivers and passengers in the U.S. wear their seat belts, yet more than half of vehicle occupants killed in crashes are unbuckled.
- Every driver's view of the road and the ability to stop suddenly or avoid a pothole is different.

Defensive Driving puts you in control!

Source: [Seat Belt Safety: Buckle Up America | NHTSA](#)

Lessons Learned

- Visual – Eyes off the road
 - The average speed when a distracted driving event occurs is 55 MPH – you can travel the length of a football field in five seconds.¹
- Manual – Hands off the wheel
 - The National Highway Traffic Safety Administration found that you're 1.57 times more likely to be in a crash when eating.
- Cognitive – Mind off the driving task
 - Hands-free devices give drivers a false sense of security as multiple studies show they provide no safety benefit.
- Work Zones – They are temporary - actions behind the wheel can last forever.
 - Approximately 2 out of 3 highway contractors experienced five or more work zone crashes last year.²

¹ [Distracted Driving Dangers and Statistics | NHTSA](#)

² [Work Zone Awareness Survey: Majority of contractors impacted by crashes in past year | 2022-06-23 | Safety+Health](#)



Best Practices

- **Zurich Resilience Solutions 10-4 Defensive Driving Training**
 - **10** – Look at least 10 seconds ahead to be aware of developing traffic conditions.
 - **4** – A minimum following distance of 4 seconds to scan, react or stop.
- Avoid distractions while driving (mobile phone use, eating, grooming, reaching, etc.).
- Avoid infotainment systems while driving.
 - Set up GPS prior to starting the trip.
 - Change lanes with SMOG: Signal, Mirrors, Over the Shoulder, Go when safe.
- Understand vehicle capabilities and safety features (rental or fleet vehicle).
- Anticipate the actions of others.
- Drive with concentration and awareness.
 - Avoid drowsy driving.

Discussion

- What is distracted driving?
- How far should you look ahead in traffic to effectively be able to react to changing circumstances?
- What are ways to reduce mobile phone usage while driving?
- What driving conditions are higher risk?
- How often should your vehicle be checked and maintained?
- Should you always stare and focus your attention straight ahead to avoid distraction?
- How can you avoid intersection collisions?
- Should you brake check to see if the person behind you is paying attention?
- In the event of an accident, how many photos/videos should be taken?
- Is the rear vehicle in a rear-end collision always at fault?
- What are signs of fatigued driving?

Daily safety briefings are used to identify driving hazards.

The foreman and crew should develop a plan to reduce or eliminate these risks before work.

Attendance Form Safety Meeting Sign in Sheet

Topic: _____ Date: _____

Trainer: _____ Location: _____

Print Name	Signature
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Comments/Feedback:

Contact us to learn more:

800-982-5964

Risk.engineering@zurichna.com

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