

# 5 KEYS TO DEFENSIVE DRIVING



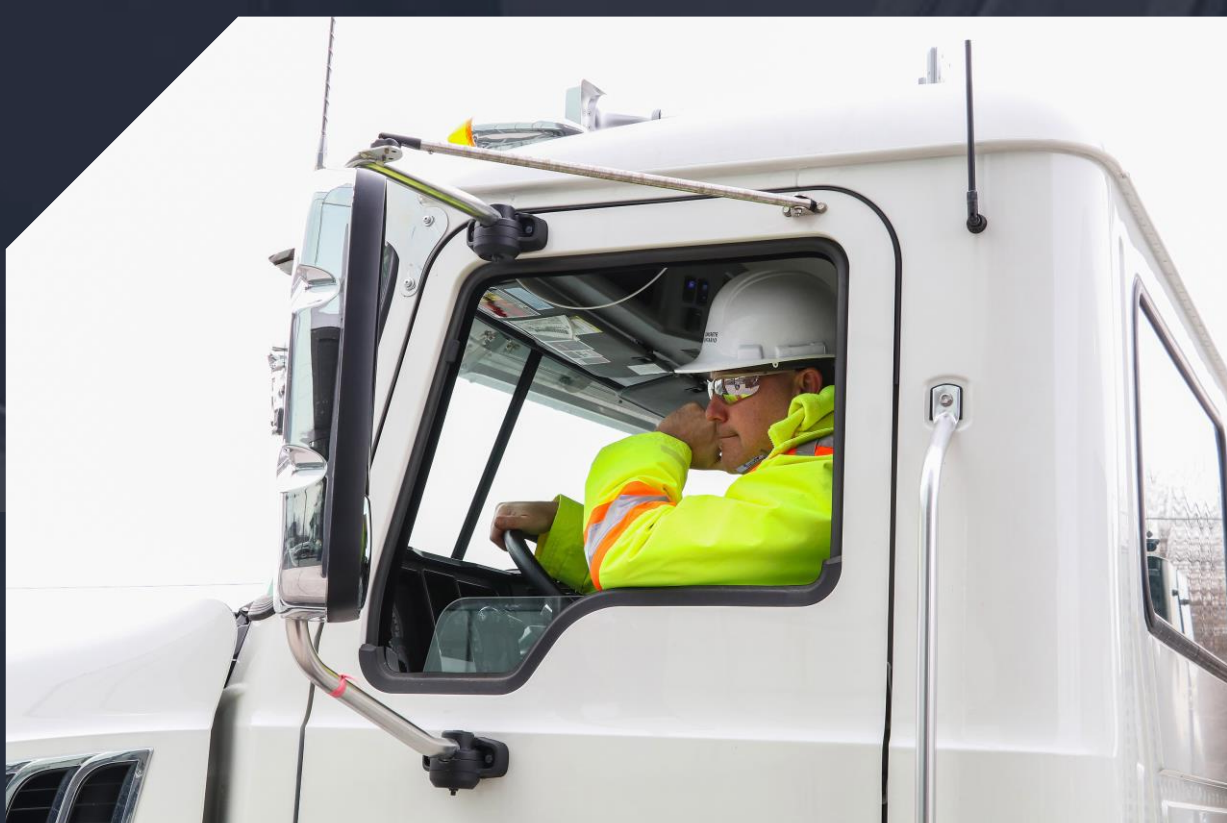
## 1 LOOK AHEAD AND AVOID DISTRACTIONS

- Look as far ahead of your vehicle as possible
- Avoid any distractions while you're driving, such as phone calls and text messages
- Use your peripheral vision and mirrors to observe movements on the side of your vehicle while looking straight ahead



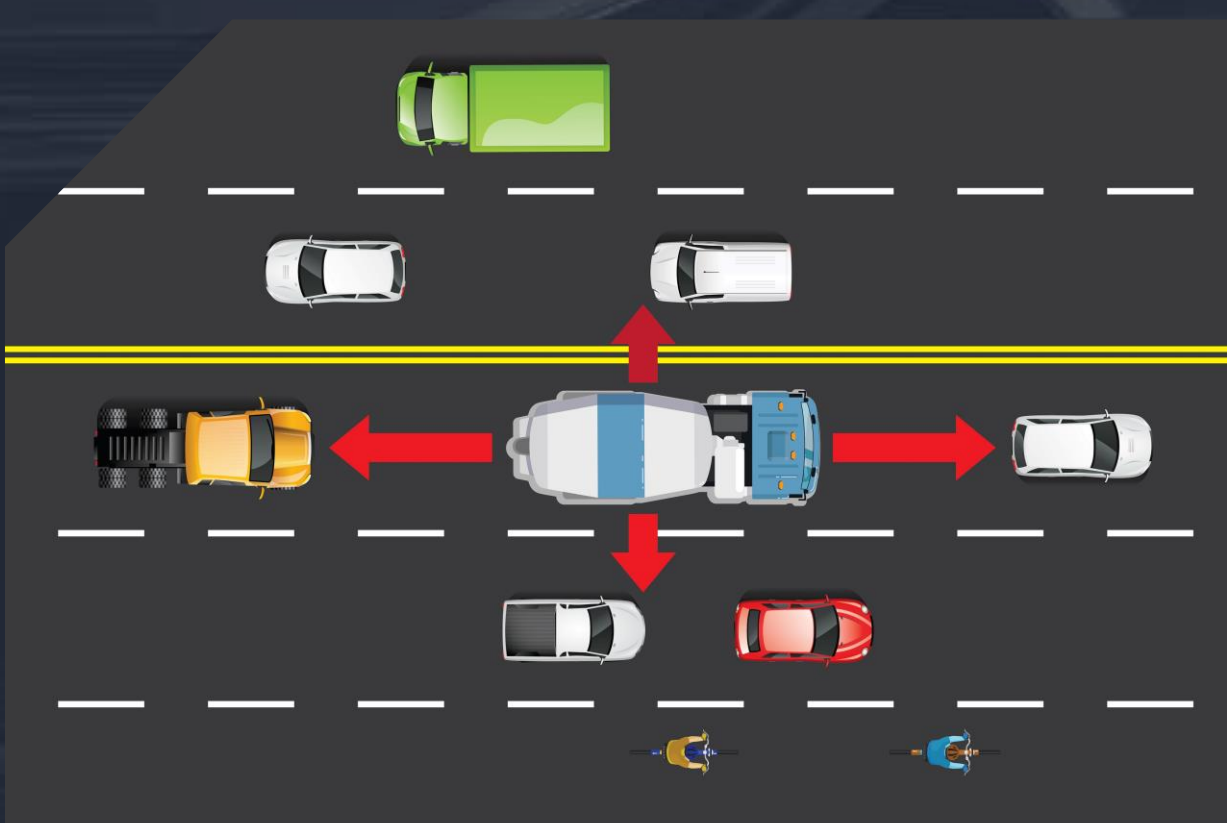
## 2 KEEP A SAFE FOLLOWING DISTANCE

- Maintain an 8-10 second following distance from the vehicle in front of you
- Leave cyclists as much space as possible
- Ensure a wide path when passing cyclists and pedestrians or when making turns



## 3 SET-UP YOUR MIRRORS PROPERLY

- Ensure your mirrors are positioned to maximize visibility
- While turning, keep checking your mirrors and make sure your path is clear of pedestrians and cyclists
- If you see cyclists coming from behind in the mirror, or if you pass cyclists, track their path and be prepared for any sudden moves



## 4 MAINTAIN A SPACE CUSHION

- Create enough space on all sides of your vehicle
- Focus on the whole environment, not on a single item, to maintain adequate space
- Provide adequate space for pedestrians to cross the street



## 5 COMMUNICATE AND MAKE ALLOWANCES

- Communicate with those around you to ensure your wishes and intentions are understood
- Use eye contact, hand gestures, lights, turn signals, and horns as communication tools
- Make allowances for the inconsistent behaviours of others

A ROAD SAFETY MESSAGE BROUGHT TO YOU BY THE MEMBERS OF THE FOLLOWING CONSTRUCTION ASSOCIATIONS

