EAST COAST
RISK MANAGEMENT

Remember Your Five Rules of Defensive Driving

RULE 1: SCAN HIGH AHEAD

- ⇨ ***Look ahead a minimum of 15 seconds***

Try to get at least a 15 second eye lead time ahead. Most drivers only have a 2 to 3 second eye lead time. Good eye lead time helps you plan for danger ahead.

RULE 2: KNOW WHAT'S AROUND YOU

- ⇨ ***4-second minimum following distance***
- ⇨ ***Scan mirrors every 5 - 8 seconds***

Always keep your eyes moving. Have a (4 second) following distance at speeds up to 40 MPH. then add a second for every ten mile an hour over 40 (i.e. 5 seconds at 50 MPH, 6 seconds at 60 MPH)

If driving conditions are hazardous, due to bad weather or poor visibility, drivers must extend following distance times as needed to suit the hazardous road conditions.

Scanning your mirrors often helps to keeps you up to date on what is around you and also keeps you alert.

RULE 3: MAINTAIN EYE MOVEMENT

- ⇨ ***Avoid focusing on one object for more than 2 seconds***

Staring at something for more than a few seconds can cause a blank or fixed stare, which will can cause a driver to lose his/her peripheral vision.

RULE 4: PLAN FOR THE WORST

- ⇨ ***Surround yourself with space***

Simply, always have an out planned in the event of danger. Protect the space around your vehicle at all times.

RULE 5: MAKE SURE OTHERS SEE YOU

- ⇨ ***Use eye contact and warning devices***

Make sure other drivers see you. Only back your vehicle when absolutely necessary. And above all, remember to always be tolerant of other drivers. Patience will pay off, by keeping you informed of the hazards around you, which gives you the time you need to react, so that you can avoid accidents.