



## Safety Message of the Day for IMEA Members



### Defensive Driving Safety Message

The roads can be an extremely dangerous place. According to the National Safety Council, an estimated 42,000 people died in motor vehicle crashes in 2021. Distracted drivers, speeding, and drivers under the influence caused or contributed to the majority of accidents each year. Drivers need to be cautious and aware of the other drivers while on the road. Being a defensive driver is the best way to protect yourself while on the road.

Most collisions that occur today are preventable. With all of the reckless drivers on the road today, it is more important than ever to be a defensive driver. The National Safety Council defines defensive driving as, "Driving to save lives, time, and money in spite of the conditions around you and the actions of others". Defensive driving techniques involve more than just following the basic traffic laws.

#### Defensive drivers:

- \* Leave themselves an "out" when driving.
- \* Always think about their next move if a crash were to occur.
- \* Slow down when the conditions warrant the need to.
- \* Do not engage in road rage activities.
- \* Avoid collisions by all means necessary- within the limits of the law.
- \* Plan their travels before leaving for their destination.
- \* Recognize the risks of their surroundings while driving.

Discussion point:

-How can we use defensive driving techniques here at work or on our commute to and from work to stay safe?