

**Fleet :**



**Defensive Driving**  
**Distracted Driving**

Auto

CNA Risk Control



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## **Definition of Defensive Driving**

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**National Safety Council (recognized leader in driving safety) says it is:**

**“Driving to save lives, time, and money, in spite of the conditions around you and the actions of others”**

**- Anticipate dangerous situations, despite adverse conditions or mistakes of others.**

## **Vehicle Crime/Collision Units – VCU's**

**Colorado State Patrol & some local PD's have dedicated units which:**

- Measure & analyze all facets of accidents
- Laser & computer use at scene
- Plug into newer vehicles black boxes
- Will then analyze your driving habits/history

## **Vehicle Fatalities**

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**Leading causes per NHTSB are:**

- **1) Speeding**
- **2) Distracted Driving**

## Vehicle Fatalities

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- **40% of work related fatalities occur in company vehicles**
- **DOT controls these vehicle accident investigations but still must report to OSHA**
- **Portable scales or DOT stop**
  - FMCSA – FCA scores reviewed

## **The “Bryan Construction” Brand**

**Your truck is a bulletin board for the company**

**Protect your brand by improving public perception of your driving practices**

## Road Rage

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**Road rage incidents have gone up 7% annually since 1990.**

**Do not be baited into road rage incidents by other drivers:**

- You're #1 is most frequent**
- Cell phone/texting/left lane hogs most common**
- Driver following speed limit can be targets of RR**



## Rear-end Crashes / Following too close

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### Appropriate following distance:

- NSC standard rule says to allow 3-4 seconds following distance.
- - CO Highway Patrol still says 1 car length for every 10 mph
- In a loaded vehicle or in poor weather conditions, you need to increase this to 4-6 seconds.

## Most Frequent Causes of Rear-end Crashes

- Speeding
- Distracted driver – cell phone use
- Following too close
- Going too fast for conditions
- Another vehicle cutting in front of your vehicle
- Eating/ drinking
- Reading; doing paperwork; using electronic equipment
- Winter months

## Avoiding Rear-ending Others – Things to Do

- Stay focused on driving, don't become distracted
- Scan Ahead – ¼ mile on highway; 2 blocks in city; Look ahead 4-5 vehicles
- Reduce reaction time by covering the brake
- Don't use cruise control on slick roads or heavy traffic



# Auto Rear-end Crash / Distracted Driver

*(continued...)*

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<b>Speed</b>	<b>each second</b>	<b>3 seconds</b>	<b>6 seconds</b>
<b>30 m.p.h.</b>	<b>45 feet</b>	<b>135 feet</b>	<b>270 feet</b>
<b>45 m.p.h.</b>	<b>66 feet</b>	<b>198 feet</b>	<b>396 feet</b>
<b>55 m.p.h.</b>	<b>81 feet</b>	<b>243 feet</b>	<b>486 feet</b>
<b>65 m.p.h.</b>	<b>96 feet</b>	<b>288 feet</b>	<b>576 feet</b>



## Car vs. Truck Stopping Distance

<b>Speed</b>	<b>Average Stopping Distance</b>			<b>Total Stopping Distance</b>	
<b>MPH</b>	<b>Auto Brakes (in feet)</b>	<b>Truck Brakes (in feet)</b>	<b>Reaction (in feet)</b>	<b>Auto in feet</b>	<b>Trucks in feet</b>
<b>30</b>	<b>45</b>	<b>65</b>	<b>35</b>	<b>80</b>	<b>100</b>
<b>50</b>	<b>128</b>	<b>187</b>	<b>55</b>	<b>183</b>	<b>242</b>
<b>60</b>	<b>185</b>	<b>270</b>	<b>66</b>	<b>251</b>	<b>336</b>

# Rear-end Crashes / Following too close:

*(continued...)*

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	<b>30 MPH distance</b>	<b>50 MPH distance</b>	<b>60 MPH distance</b>
<b>Perception time <math>\frac{3}{4}</math> second =</b>	<b>35 ft</b>	<b>55 ft</b>	<b>66 ft</b>
<b>Reaction time <math>\frac{3}{4}</math> second =</b>	<b>35 ft</b>	<b>55 ft</b>	<b>66 ft</b>
<b>Braking distance =</b>	<b>45 ft</b>	<b>128 ft</b>	<b>185 ft</b>
<b>Total Stopping Distance</b>	<b>115 ft</b>	<b>238 ft</b>	<b>317 ft</b>

# Auto Rear-end Crash / Distracted Driver Cell Phones

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- The NSC estimates that at least 42% of crashes involve drivers using cell phones.
- 1.1 million crashes with drivers talking on cell phones
- 160,000 crashes where drivers texting.

## **Auto Rear-end Crash / Distracted Driver Cell Phones – How Serious Is The Problem? *(continued...)***

- Avg. text message is 3.71 seconds
- At 30 MPH you have traveled 145' (50 yards)
- Over 69% of drivers said they have used a cell phone while driving in the past 30 days
- “Approximately 87% of rear end crashes had some form of distraction from trailing car.” (DOT and NHTSA)



## **Cell phone restriction for CMV – 10,000 lbs or greater**

Commercial motor vehicle (CMV) drivers are restricted from holding a mobile telephone to conduct a voice communication, dialing a mobile telephone, or reaching for a mobile phone in an unacceptable and unsafe manner.

Drivers can use a “push-to-talk” mobile phone if the phone is mounted to allow the driver to communicate without reaching for dialing or holding the mobile phone while driving.

## Distracted Driving

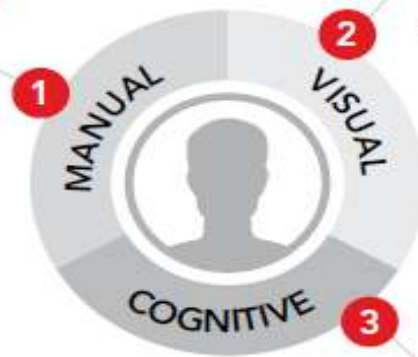
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### Distracted Driving

**+** Three main types of distractions

**Manual Distraction**  
Hands off wheel

**Visual Distraction**  
Eyes off road



**Cognitive Distraction**  
Mind off driving

## Distracted driving

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- Distractions now join alcohol & speeding as leading factors in fatal & serious injury crashes.

## CO Highway Patrol Study:

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- Male/Female combined
- Most Common Distractions:
  - 1) Cell Phone (Talking) - 7.4%
  - 2) Drinking/Eating - 2.8%
  - 3) Cell Phone (Texting) - 1.7%
  - 4) Smoking - 1.6%
- Trooper laughing at 1 stop where “they had a cell phone in one hand while smoking with the other”.

## **Vlogging**

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**New craze amongst young drivers is:**

**Video blogging - 1 million hits on YouTube**

**Taking selfies & pictures for snap chat**

## **Driver Distractions - What Can a Company Do** *(continued)*

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### **Things to do if you get a cell phone call while driving:**

- Allow voice mail to handle the call.
- Find a safe and legal place to park, then answer.

## Cell Phone/Texting Liability

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**In case of loss – Plaintiff Attorney (PA) will obtain your cell phone/texting history & MVR.**

**Establish serial phone call/texting as contributing factor in collision.**

**PA will try to find evidence cell phone/texting is common & thus distraction delayed attempts to avoid accident.**

**Look to prove office communicating & lack of company enforcement of cell phone/testing policy for punitive damages.**

## Intersection / Turning

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**1 in 3 accidents occur at an intersection**

**Left turns represent one of the most dangerous things you can do on the road.**

**Left turns are so risky that UPS teaches their drivers not to make them.**



## Intersection / Turning *(continued)*

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### **According to the National Highway Safety Administration:**

- Left turns account for almost 50% of intersection crashes.
- Right turns account for only 4% of intersection crashes.
- Watch out for camera intersections – cheap guys “like me” will probably stop.

## Common Intersection Mistakes

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- Approaching the intersection too fast.
- Not using turn signals.
- Failure to account for oncoming traffic (left/right and ahead), pedestrians, motorcyclists, & bicycles.
- Turning from the wrong lane.
- Turning too tight or too wide.

## How to Avoid Being Hit From Behind

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- Keep stop lights & turn signals working/clean
- Use turn signals
- Allow a safe following distance in front
- Make sure the lights on the trailer work properly
- Place additional reflective markings on the rear
- Know where you are going

## Lane Change

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**National Highway Safety Administration estimates there are:**

- 630,000 lane change (merge) crashes annually:
  - Resulting in 225 fatalities.
  - 60% of the drivers didn't see the other vehicle.

## Lane Change Mirror Settings

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### **Driver side mirror:**

- Place your head against the side window.
- Set the mirror so the inside edge of the mirror just shows a small amount of the side rear of the vehicle.

## Driver side mirror:

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## Lane Change Mirror Settings *(continued)*

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### Passenger side mirror:

- Place your head in the center of the vehicle, in line with the inside rearview mirror.
- Set the mirror so the inside edge of the mirror just shows a small amount of the side and rear of the vehicle.

## Passenger side mirror:

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## Auto Controls – Backing

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- **“Pull through” when parking.**
- **Get out/Walk/Look behind vehicle before backing.**
- **When possible, avoid congested parking areas.**
- **Mature drivers have back/neck problems may limit ability to look over shoulder while backing.**
- **Check surroundings in parking lot when walking to car**

## **Avoid backing if possible**

- **Be aware of people walking in congested parking lot**
- **Accidents typically happens on blind side (right side - away from where you drive)**
- **Watch for kids - Majority of backing accidents with bodily injury involve children under the age of 5 in parking lots, residential locations, etc.**

## Pick-up's Hauling Trailers

### Gross Combined Weight Rating – PU & trailer GVWR

**¾ ton PU – 8,000 lbs      1 ton PU – 10,000 lbs**

**Over 10k now a CMV, so DOT requirements apply**

**Easy tickets for DOT cops to write:**

- immediate citations**
- can come to office looking to check overall DOT controls**

## Side View F-150 to 36" Cone

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## Pick-Up Truck Blind Spot While Backing Up

**The 36" tall cone is 20' behind the truck before it was visible from the cab.**

**So you can not see anything shorter than 3' tall for the first 20' behind this F-150 pick up.**

***This shows you that if a motorcycle, bicycle, a child were within 20' of the rear of this truck the driver could not see them when backing up.***

## Side View F-150 to 24" Cone

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## Pick-Up Truck Blind Spot While Backing Up

**The 24” tall cone is 36 ‘ behind the truck before it was visible from the cab.**

**This is almost twice as far as 20’ to see the 36” tall cone.**

***So something up to 2’ tall can not be seen from the drivers seat of this F-150 pick up until it is 36” behind the truck.***

The image shows the CNA logo, which consists of the letters "CNA" in a bold, red, sans-serif font. The letters are slightly italicized and feature a white diagonal stripe running from the top-left to the bottom-right through each character. The logo is centered horizontally on a white background.