

Defensive Driving Handbook



Safeguarding Delawareans Since 1919

History Of Delaware Safety Council



Irénée du Pont

Founded in 1919 by DuPont Company president Irénée du Pont, the Delaware Safety Council was created with the mission of providing safety training and resources to industry and later expanded its focus to include public and school safety.

During the first part of the 20th century, Delaware Safety Council was instrumental in the creation of many systems, laws and protocols that improved roadway safety in Delaware. In 1929, the Council conducted a traffic survey and analysis that resulted in improved highway engineering enforcement and education. In 1930, a vehicle inspection program designed to increase standards of vehicle maintenance was inaugurated with the guidance of the Council. In the 1980's, the Council focused on promoting the use of seat belts, working closely with lawmakers and other organizations to pass the child safety restraint law and other seat belt-related legislation.

Delaware Safety Council has also been heavily involved in the improvement of school safety. In cooperation with the State Department of Public Instruction, the State Highway Department and the Delaware State Police, Delaware Safety Council established the current formal Driver Education course for all public schools in 1935. The program was expanded in 1953 to include private schools, and again in 1957 to include parochial schools. The Council also participated in the presentation of the statewide School Bus Driver Training program and the development and distribution of the School Safety Patrol program that is still active. In later years,



Delaware Safety Council Industrial Safety Course Graduates' Banquet
May 22, 1922



Delaware Safety Council's Driver Education in 1954 at Wilmington Friends School



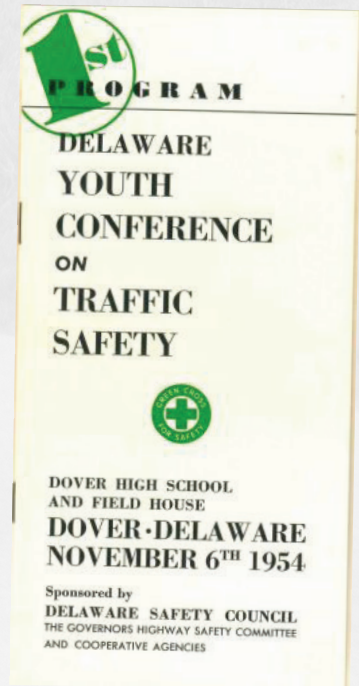
Delaware Safety Council's Driver Education in 1946 at Ursuline Academy



Delaware Safety Council's Driver Education in 1940 at Milford High School

Delaware Safety Council; expanded, introducing its own educational safety courses and programs. In 1967, the widely popular Defensive Driving program was introduced. An online version was created in 2004. As we entered the new millennium, the Council developed new community and workplace course offerings.

Today, Delaware Safety Council remains committed to your safety and security.



Defensive Driving Participant

Delaware Safety Council would like to take this opportunity to thank you for enrolling in our Defensive Driving course. We hope that you find the course informative, and that the information presented has prepared you to be a safer and more knowledgeable driver.

For over a century, Delaware Safety Council has proudly met the safety needs of the Mid-Atlantic region. We are strongly focused on our original mission.

Protecting the life and health of citizens on the road, in the workplace and at home by actively providing education/training and by advocating for safe and secure practices.

Delaware Safety Council is a private 501(c)(3) nonprofit organization that provides online and on-site defensive driving courses for organizations and individuals.

A course certificate will be provided to you by mail, email or on-site upon completion of this Defensive Driving course.

Please contact Delaware Safety Council at **(302) 276-0660** or visit **delawaresafety.org** for additional information on your Defensive Driving course and any of our broad array of safety training programs.



**Thank you for
choosing the
Delaware Safety
Council.**

Defensive Driving



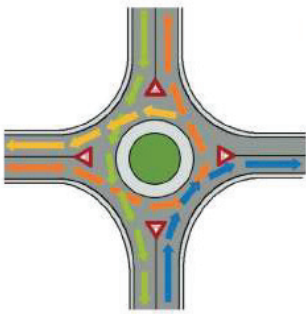
**“Mind on the
drive. Hands
on the wheel.
Eyes on the
road.”**





Section 1: ON THE ROAD

1. You come to an intersection and the light is green. However, you want to make a right-hand turn and the light above the turn lane shows a solid red arrow. Is it legal to make a righthand turn after you come to a complete stop?

Yes No

2. Roundabouts are more and more a part of Delaware's road system. Study the diagram and instructions below for the safe and proper actions to take when approaching or within a roundabout.



-  **Thru Traffic** - Yield to traffic in the roundabout. Stay to the right and continue through.
-  **U-Turn** - Yield to traffic in the roundabout. Stay to the right and continue around the roundabout and exit on the same road you entered from.
-  **Left Turn** - Yield to traffic in the roundabout. Go 3/4 around the roundabout and complete your turn.
-  **Right Turn** - Yield to traffic in the roundabout. Stay to the right and complete your turn

3. It's legal and safe to drive around a lowered railroad crossing gate if you don't see a train.

True False

4. Check all correct actions to take:



- Yield the right-of-way to any pedestrian within a crosswalk, stopping if necessary.
- Always stop for flashing yellow or red high intensity "HAWK" signals at crosswalks.
- Don't bother to check for traffic before leaving your vehicle on the side/shoulder of a roadway.
- Always yield the right-of-way to pedestrians even if they are not in a crosswalk.

Section 2: THE 4 D's OF IMPAIRMENT

Merriam-Webster.com defines impairment as “being in an imperfect or weakened state or condition: such as...diminished in function...” It’s a recipe for disaster for your driving task. **Here are the “4 D’s” of driving impairment.**

1. **Distraction** – Anything inside or outside of your vehicle that takes your full focus away from your driving task. Please list all the driving distractions that you can think of:

2. **Drunk (Alcohol)** – Bottom line: it is illegal to drive under the influence of alcohol – driving drunk! Check the percent of Blood Alcohol Concentration with which you will be charged with driving drunk in Delaware.

.02% .08% 1% 5%

3. **Drugged** – Prescription and over-the-counter medications can cause drugged driving, true or false?

True: when you do not understand the impact the medicine can have on you – or if you misuse the medication, it will noticeably impact your decision making and reaction time.

4. **Drowsy** - Driving drowsy limits your focus just as much as driving drunk. Each year, drowsy driving causes about 100,000 crashes, 71,000 injuries, and 1,550 fatalities (NHTSA). Being awake for 16 hours can have the same impact on your brain as a .08% BAC.

True False

Section 3: SPEED & AGGRESSION



1. A vehicle traveling at 60 mph needs about 150 feet (1/2 the length of a football field) to come to a complete stop.
 True False
2. Do you agree that the posted speed limit is always the correct speed at which to travel? Explain:

3. Match the numbers with the statements below: *(Answers on page 12)*

37% **50%** **66%**

- _____ of drivers who are on the receiving end of an aggressive behavior admit to responding with aggressive behavior themselves.
- _____ of aggressive driving incidents involve a firearm.
- _____ of traffic fatalities are caused by aggressive driving.

4. Check each of the correct actions to deal with a tailgater.

- Stay calm.
- Move away when you see the tailgater approaching.
- Keep a constant speed (preferably well under the speed limit) so the driver behind you can safely pass when they have the opportunity.
- Constantly ride your brake to “pay back” the tailgater.
- Always maintain at least 2-3 seconds of distance behind the car in front of you so you’ll be able to stop safely if necessary.

Section 4: ROAD CONDITIONS & HAZARDS

1. Describe the safest reaction to each of the following driving emergencies when your vehicle's rear tires are sliding to one side or the other without maintaining total traction on a slippery road.

A. Wet, rain-soaked roadways:

B. Snow-covered or icy roadways:

2. You have a tire blowout on a multi-lane highway?

WORK ZONE SAFETY – The safety of workers and vehicles in work zones is a big priority in Delaware. Here are three actions to take when approaching and driving through work zones.

- A. When you see signs indicating lane closures ahead, prepare to move from the closed lane.
- B. Watch for slower speeds limits. Fines for exceeding the speed limit in a work zone are doubled.
- C. Be alert for unusual pavement surface conditions, such as rough surfaces, metal plates, uneven pavement between lanes, and drop-offs at the pavement edge.

Please write down three more actions that you should take:



Section 5: DRIVING & TECHNOLOGY



Just about every vehicle on the road today has some form of advanced technology, from audio to GPS to hands free phone to driver safety aids. While many of today's drivers are comfortable with modern technology, using it still takes your mind off your important driving tasks. Statistics from the National Highway Traffic Safety Administration show that 3,142 Americans were killed due to distracted driving in 2019. Please read each statement below and check the box if you think it is correct.

- Avoid constantly changing your audio settings. If possible, assign the task of "tech manager" to your front seat passenger.
- It's okay to wear audio headphones or your phone headset while driving.
- Set your GPS address finder before you start your trip or stop at a safe spot during your trip to set it.
- Talking on your hands-free phone system while driving does not divert your attention.
- Set the volume of your audio system at a level so you can still hear the traffic and other sounds outside.

DRIVER ASSISTANCE TECHNOLOGY

It's likely that your vehicle is equipped with at least 2 or 3 Driver Assistance Technology aids.

They can include:

- ✓ Lane departure warning
- ✓ Forward collision avoidance
- ✓ Rear cross traffic warning
- ✓ Rear view camera
- ✓ Automated parking assist
- ✓ Blind spot assistance

This technology can be very helpful and could save your life. However, make sure you learn how to properly use it before you try it while you are driving.

Section 6: RISKS ON THE ROAD

1. Approximately how many deaths occur on roadways each year in the United States?

10,000 to 20,000

20,000 to 30,000

30,000 to 40,000

40,000 to 50,000

2. What percentage of fatal highway crashes in the U.S. are alcohol-related?

18%

28%

38%

48%

3. Approximately how many traffic-related injuries occur each year in the United States?

500,000 to 1 Million

1 to 2 Million

2 to 3 Million

3 to 4.5 Million

Every day, about 28 people in the United States die in drunk-driving crashes —that’s one person every 52 minutes. 10,142 people lost their lives in 2019. These deaths were all preventable.

- National Highway Traffic Safety Administration

Answers to question 3 on page 9

50% of drivers who are on the receiving end of aggressive behavior admit to responding with aggressive behavior themselves.

37% of aggressive driving incidents involve a firearm.

66% of traffic fatalities are caused by aggressive driving.

Self Appraisal

1. **Getting your vehicle ready**

Share your daily/weekly checklist for making sure that your vehicle is ready to safely and reliably perform:

2. **Getting yourself ready**

List everything you do, before you drive and when you drive, to stay physically fit and mentally focused to drive:

3. **Important things to remember**

Check each of the actions you regularly take to ensure you are driving defensively.

- Visual scanning of conditions ahead and to the left and right, checking your mirrors and for blind spots.
- Maintaining safe speed for the actual driving conditions.
- Staying alert for aggressive drivers and avoiding potentially dangerous engagement.
- Maintaining a 3-4 second "space cushion" between you and the vehicle ahead.
- Being in control of the environment in your vehicle and alert to everything around your vehicle.

Important Laws, Regulations and Things to Remember

What to do if you are stopped by police

1. As soon as you see the police officer's flashing lights or hear the car's siren, turn on your own emergency flashers or right turn signal to inform other drivers that you are being pulled over.
2. Search for a safe location to park your car. Remember that the police car will be parked behind you, so find a place that is large enough for two vehicles. Never pull over on the left side of the road, even if there is a median.
3. As soon as you have found a place to pull over and parked your car, turn off/lock the ignition. If it is dusk or later, turn on the interior lights in the vehicle so the officer can see all occupants of the vehicle. **REMEMBER – Your passengers' behavior is YOUR responsibility!**
4. If you are stopped by a marked vehicle, immediately roll down your window and be patient while the officer prepares to speak with you. If you have been pulled over by an unmarked police car, wait until the officer emerges from the vehicle and you can see his/her credentials before rolling down your window.
5. When you first begin the conversation with the police officer, remain calm, polite, and respectful. Do not become defensive. The police officer will give you a detailed description of the reason or reasons for the stop.
6. The police officer will most likely ask for your driver's license and a copy of your vehicle's registration and insurance policy. Do not gather these documents until the officer asks, and before you do, explain where you are reaching and why. If you do not have one of them, please explain why.



7. Traffic stops are most often the result of an observed dangerous driving behavior, so be apologetic. Listen politely and ensure the officer that you understand the consequences of your behavior. If the officer wants to give you a lengthy lecture about safe driving, listen to it and acknowledge what you are hearing.
8. If the officer issues you a traffic citation, do not argue or beg. If you are only given a warning, thank the officer for understanding. If the officer only gives you a verbal warning, ensure him or her that you appreciate the opportunity to correct your mistakes before your driving record is affected.
9. When your conversation with the officer has ended, wait for the officer to return to the patrol car. When the officer is safely in his/her vehicle, you can put your documents away, buckle up, then slowly and carefully return to the road.
10. Finally, if you feel you were unfairly treated during a roadside traffic stop – do not argue it on the side of the road. You should contact the officer’s agency via means determined by such agency. Most agencies have a website with contact information.

Learn more in this video from the
Delaware Division of Motor Vehicles

<https://youtu.be/J-qd314jrqu>

Important Laws, Regulations and Things to Remember

Driving Tips: Winter Driving

- ✓ Have your battery tested to avoid being stranded in the cold with a car that won't start.
- ✓ Equip your car with a flashlight and extra batteries, a first aid kit, warm clothes and a blanket.
- ✓ Keep your gas tank at least half full to avoid gas line freeze up.
- ✓ Avoid the use of cruise control on slippery surfaces (rain, sleet, snow, ice and sand.)
- ✓ Use the lane that has been cleared most recently.
- ✓ Avoid changing lanes due to snow/ice buildup between lanes.
- ✓ Leave 3 times as much room between you and the vehicle in front than you would on a clear roadway.

Most important, be patient and accept the fact that it is going to take longer to arrive at your destination.

Driving Tips: Drowsy Driving

- ✓ Get plenty of rest before a long road trip.
- ✓ Share driving responsibilities.
- ✓ Schedule stops every 100 miles or 3 hours.
- ✓ Avoid eating foods high in fats or processed sugars.

Important Laws, Regulations and Things to Remember

Collision Response Procedures

- ✓ Stay calm; check for injuries; call an ambulance if needed.
- ✓ If possible, move the vehicles to a safe place, out of traffic. Use cones, warning triangles or flares for safety.
- ✓ Call police, even if the collision is minor, and notify your insurance agent immediately.
- ✓ Do not sign any document unless it's for the police or your insurance agent.
- ✓ Make immediate notes about the collision, including specific damages to all vehicles involved, witness information, etc.
- ✓ Use your cell phone camera to take pictures of:
 - The license plate(s) on the other vehicle(s) involved in the collision.
 - The driver's license(s) of the other driver(s) involved in the collision.
 - The proof of insurance card(s) for the other vehicle(s) involved in the collision.
 - The registration card(s) for the other vehicle(s) involved in the collision.
- ✓ Take pictures of the vehicles involved, with at least one showing any damage on each vehicle.
- ✓ Take pictures of nearby street signs and other landmarks to identify the collision location.

Important Laws, Regulations and Things to Remember

Delaware's Cell Phone Law:

By law, drivers in Delaware are prohibited from texting while driving and talking on hand-held cell phones. The law also prohibits e-mailing and using the Internet while driving. Phone conversations must take place on a speaker phone or other hands-free device. The law includes exemptions for police, firefighters and other emergency personnel. It also exempts the use of amateur radio and two-way radios by truckers and other commercial drivers. Drivers caught using a hand-held device will be fined about \$100 (\$50 base fine plus fees) as a first offense, with subsequent penalties of up to \$350 plus fees.

“Move-Over” Law:

Requires any driver approaching a stopped emergency vehicle with its emergency lights activated, to either move over into a lane that is not next to the emergency vehicle, or to reduce his or her speed to a “safe speed” while passing the emergency vehicle if changing lanes would be impossible or unsafe. The law applies specifically to roads having two or more lanes going in the same direction.

Delaware's Aggressive Driving Law:

Aggressive Driving under Delaware law is defined as offenses including unsafe lane change, disregard for a traffic control device, failure to stop, failure to yield, passing on the shoulder, passing a stopped school bus, tailgating and speeding. If convicted of three or more of these offenses as the result of a single incident, first-time offenders will be fined not less than \$100 and not more than \$300 and will be required to attend a behavior modification class.

Delaware's Stay Right – Pass Left Law:

DRIVE IN THE RIGHT LANE AND PASS IN THE LEFT LANE

Driving slowly in the left lane is illegal in Delaware:

- ✓ If you are in the left lane and no one is in the right lane, MOVE RIGHT.
- ✓ If a vehicle approaches from behind at a high rate of speed, move to the right.
- ✓ Use the left lane to pass.

- Delaware Safety Council Programs -



DEFENSIVE DRIVING

- Basic and Advanced/Refresher
- Statewide In-Person Classes
- On-line 24/7 Courses
- DMV Certified
- Save 10% or 15% on Auto Insurance



FLAGGER CERTIFICATION

- National Certification
- In-person Classes
- ATSSA Approved
- Includes ATTSA Certification Card
- Certification Valid for 4 years



CPR/AED CERTIFICATION

- ASHI Approved
- OSHA Approved
- Certificate Valid for 2 Years



WORKPLACE SAFETY

- In Classroom Forklift Certification
- Worker OSHA-10 General Industry & Construction
- Supervisor OSHA-30 General Industry & Construction
- OSHA Available in Classroom or Online



SMARTDRIVE Online Teen Defensive Driving

- FREE to Qualified Delaware High School Students
- Visit smartdriveusa.org to Enroll



Delaware's First Statewide Safety Training!

Serving New Castle, Kent and Sussex Counties

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visit delawaresafety.org**

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