



PRO-DEFENSE

**PRO-TREAD**

INSTRUCTIONAL TECHNOLOGIES

## MODERN DEFENSIVE DRIVING CORE DRIVER TRAINING

Defensive driving means being able to read the road and the actions and intentions of other drivers. The trick: changing the behaviors, and replacing them with actions that are more instinctual. The result is a safer fleet with fewer disruptions, crashes, and injuries.

To do that, requires not merely a mental checklist. It requires making safety a core value, and putting your training philosophy into the real world. For PRO-TREAD users, the core of our training is a mind-set called PRO-DEFENSE.



- D** **Distractions** — Cell phones are a problem, but far from the only distraction. Distractions play a role in one in four motor vehicle crashes.
- E** **Effective Communication** — A two-way process between you and other road users — drive predictably and read the intentions of others.
- F** **Fatigue Management** — Be responsible for getting proper rest, and how to manage your driving and non-driving hours.
- E** **Evaluating Space** — Take charge of the space around you and being responsible for what happens in that space.
- N** **Navigating Hazards** — Hazard awareness means being aware of your ever-changing surroundings.
- S** **Speed Management** — Adopting the attitude that lets you drive the appropriate speeds for both conditions and environment.
- E** **Essential Planning** — Plans your day and driving route for maximum safety. Every action that you make in your vehicle should to be planned.

**PRO-DEFENSE** is a great reminder for safety meetings, payroll stuffers, and promotional items. You can discuss all of them, or focus on a single element. Our Professional Services team can consult with your fleet on how the PRO-DEFENSE philosophy can be implemented at your fleet.