



Cushion of Safety

What is a cushion of safety? It is the space around your vehicle when you are driving down the highway. This includes in front of the vehicle, to both sides and to the rear of the vehicle. Successfully managing this cushion of safety will greatly help you avoid being involved in an accident. It allows you to have an escape route in the event that one of the other vehicles around you does something stupid. The only vehicle on the road you have complete control over is your own.

SHOW & TELL FORMAT: (should be done in a parking lot)
SHOW each technique and **TELL** the group what the technique is. Go to your yard area and position 5 vehicles as if you were driving down a highway. Use each car as your platform to present the techniques. Talk about how the items listed below are different from each vehicle.

Defensive driving techniques that will help you maintain a cushion of safety in a construction vehicle!

1. Maintain proper distance between you and the vehicle ahead, consistently scanning the horizon as you drive.
2. Slow down if you have a tailgater, so that person will pass you.
3. If there is someone in the left lane, position yourself so you can see his rear-view mirror. If you can not you are in his blind spot. Never stay in someone's blind spot.
4. Know your total stopping distance for the vehicle you are driving at the speed you are driving. This is your perception time + your reaction time + your braking time.
5. Perception time is the time to identify the problem (usually 1/2 to 3/4 seconds).
6. Reaction time is the time required to take action (the average is 3/4 seconds). What is your's?

SHOW: (Choose a volunteer) Have one worker demonstrate each of the 6 techniques

Employee's Signature: _____ Date: / /

Presenter's Signature _____ Date: / /

Driver Compliance Driver Education Series Tailgate session- Cushion of safety

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