 <p>DUTCH BROTHERS HEALTH, SAFETY & ENVIRONMENTAL PROGRAM</p>	Section: Defensive Driving		
	PREPARED BY: HEALTH AND SAFETY TEAM	DATE OF ORIGIN: 02/02/2023	REVISION # 1
		# OF PAGES: 3	

DEFENSIVE DRIVING

PURPOSE

To ensure all drivers understand defensive driving techniques and highway traffic legislation and safe procedures.

PROCEDURES

Driver Orientation

Orientation is part of employee training. The purpose of an orientation program is to familiarize new employees with their jobs and the company, including all policies and procedures. DBRMX will use an experienced driver to assist with the orientation of new drivers. New drivers will ride with those who are experienced for a given time period so they can observe and understand the specific procedures required including:

- Vehicle operation and safe driving
- Hours of service
- Vehicle maintenance
- Job site procedures and practices

Before you Drive

Make sure you are comfortable with your physical, mental and emotional state, your vehicle and the conditions in which you will be driving. If you have doubts about any of them, do not drive.


Your ability to drive can change from one day to the next. Illness, fatigue, prescription and over-the-counter drugs, stress and your mental or emotional state can greatly diminish your ability to operate a motor vehicle. You should consider these factors before you begin driving, and you should not operate a motor vehicle when you are not fit to do so.

- Don't drive when you are sick or injured.
- Don't drive when you have been drinking alcohol or taking any drug or medication that may reduce your ability to drive.
- Don't drive when you are tired. You might fall asleep at the wheel, risking the lives of others on the road. Even if you don't fall asleep, fatigue affects your driving ability. Your thinking slows down, and you miss seeing things. In an emergency, you may make the wrong decision, or you may not make the right decision fast enough.
- Don't drive when you are upset or angry. Strong emotions can reduce your ability to think and react quickly.

Defensive Driving

Driving is based on three ideas: visibility, space and communication.

- Visibility is about seeing and being seen. You should always be aware of traffic in front, behind and beside you.
- Managing the space around your vehicle lets you see and be seen and gives you time and space to avoid a collision. Because the greatest risk of a collision is in front of you, stay well back.
- Communicate with other road users to make sure they see you and know what you are doing. Make eye contact with pedestrians, cyclists and drivers at intersections and signal whenever you want to slow down, stop, turn or change lanes.
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As a driver, a preventable crash is one in which you failed to exercise every reasonable precaution to prevent the crash. In general, to be a defensive driver, you need to:

- Assume other drivers will make errors.
- Keep the lights, mirrors, windows, and windshield of the vehicle clean.
- Adjust your vehicle’s mirrors to assure maximum viewing area from your seating position.
- Adjust speed, position, direction, and attention to be able to maneuver safely if a hazard develops.
- Scan far enough ahead to be able to react safely to approaching situations.
- Scan frequently to the side and rear for passing or approaching vehicles.
- Tap your horn in congested areas to warn others you will be moving or use a signaller.
- Turn on the vehicle’s flashers, day or night, if you pull off on the shoulder of the road or are forced to stop in a travel lane.
- When necessary, place emergency warning devices to alert other drivers that your vehicle is stopped.
- Drive according to weather conditions including reduced visibility, rain, snow, ice, loose road surfaces, and time of day.

Negotiating Curves

While automobiles can lose traction and “slide out” of a curve at an excessive speed, commercial motor vehicles will tend to roll over. The more top heavy a vehicle is, the more likely that it will roll over rather than slide out of a curve.

To be a defensive driver, you should:

- Maintain speeds below the curve advisory speed.
- Reduce speed before entering a curve.
- Stay off the roadway shoulder in curves. The right- or left-side wheels may drop or sink down into a shoulder and increase the chance of a rollover.

Downgrades

The main reason for loss of vehicle control on downgrades is brake failure resulting from the use of improper control techniques by the driver. To be a defensive driver in negotiating downgrades, you should:


- Know the gearing on your vehicle.
- Put the truck in the proper gear, and check brake function before descending long, steep grades.
- Use a lower gear if speed cannot be controlled with light (10-psi) brake pressure.
- Apply both cab and trailer brakes. Applying only trailer brakes could cause overheating and brake failure.

Pedestrians

Most pedestrian accidents occur when the pedestrian walks onto a roadway and into the path of an approaching vehicle. Pedestrians often misjudge the speed and closeness of a commercial motor vehicle and assume a driver can and will slow down for them.

In addition, pedestrians think that because they can see the vehicle, the driver can see them. They often walk or stand in the blind spots in front of and to the right of a vehicle. To be a defensive driver when interacting with pedestrians, you should:

- Scan around the vehicle thoroughly when pedestrians are present
- Adjust your driving speed accordingly.

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DEFENSIVE DRIVING

- Assume that a pedestrian will not give you the right-of-way until it is obvious the pedestrian is waiting for the vehicle to pass.
- Be extra careful at night in pedestrian areas, as pedestrians may assume you can see them because they can see the vehicle headlights so easily.

Emergency Situations

Having emergency equipment available in the vehicle will greatly assist a driver in emergencies. To be a defensive driver when handling emergencies, you should:

- Inspect the vehicle prior to operation to assure that all emergency equipment is in place.
- Turn on emergency flashers and place emergency warning devices immediately after the vehicle stops.
- Try to coast off the travel lane, if safe to do so
- Try to extinguish a fire only if you have been trained in correctly operating the fire extinguisher and it does not put you in danger.

REQUIREMENTS

Ontario Legislation

All drivers, vehicles, and roadways within the province of Ontario fall under the Highway Traffic Act (HTA) and its related regulations. The regulations that primarily affect commercial vehicle operators include:

- HTA Regulation 199/07 – Commercial Motor Vehicle Inspections
- HTA Regulation 424/97 Commercial Motor Vehicle Operators’ Information
- HTA Regulation 577 – Covering of Loads
- HTA Regulation 512/97 – Critical Defects of Commercial Motor Vehicle
- HTA Regulation 340/94 – Drivers’ Licences
- HTA Regulation 587 – Equipment (Includes Speed Limiters)
- HTA Regulation 596 – General
- HTA Regulation 555/06 – Hours of Service
- HTA Regulation 601 – Motor Vehicle Inspection Stations
- HTA Regulation 611 – Safety Inspections (Includes On-Road Standards)
- HTA Regulation 363/04 – Security of Loads