



Electrical Transmission & Distribution Partnership

Continuing Education & Training Defensive Driving

Presenters Guide
4th Quarter 2022

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Introduction

This Defensive Driving Refresher course is a presenter lead (supervisor, safety professional) process. The presenter may choose to augment the material with videos, handouts, or other media to enhance the learning experience. The presenter may want to incorporate visual aids to enhance the presentation.

Using this material in combination with practical experience, good presentation skills and knowledge of adult learning techniques, the presenter has a greater opportunity to deliver the information.

Edgar Dale stated that 2 weeks after a learning event, adult learners remember:

- ✓ 10% of what they read
 - ✓ 20% of what they hear
 - ✓ 30% of what they see
 - ✓ 50% of what they see and hear
 - ✓ 70% of what they say
 - ✓ 90% of what they say while performing a task
- Microsoft® PowerPoint® combined with good instructional skills and instructor/student dialogue work strongly in the fifty to seventy percent range. PowerPoint® presents the information to the attendee and the instructor summarizes the content of the slides. It is critical to engage and involve the attendee in the process. Ask open-ended questions that will elicit conversation and discussion but be cautious to maintain control of the discussion.
 - Conversation and scenarios are good but can cause the discussion to run long. If it seems like the group is losing focus during the course, the presenter can direct the group back on track by using comments like "Good discussion, but let's get back to the subject at hand".
 - Another tool is the "Parking Lot" which is simply a newsprint chart or dry erase board or note pad where the presenter records questions/discussion points not answered or addressed during the meeting and that may require more research. It is vital to capture any ongoing discussions or questions on the "Parking Lot" and follow up when the information is known.
 - Deliver this refresher during the second quarter of 2022. Delivery time is approximately 45 minutes to 1 hour, in one setting or divided-up into three, 15-to-twenty-minute settings. The presenter may deliver the topic in a formalized meeting room setting using the PowerPoint slide deck or by using the three, key point sheets (located at the end of each session) as in a tailgate safety talk. It is critical that the facilitator makes him or herself familiar with the material prior to delivery.

Defensive Driving
Continuing Education
4th Quarter 2022

ELECTRICAL TRANSMISSION & DISTRIBUTION PARTNERSHIP
POWERING SAFETY TO NEW HEIGHTS

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4

Introduce the module. Explain to the group that this module will address the safe operation of motor vehicles (Pick-Ups, Line Trucks, ATVs)



Defensive Driving Continuing Education 4th Quarter 2022



5

Introduce the module. Explain to the group that this module will address the safe operation of motor vehicles (Pick-Ups, Line Trucks, ATVs)



Introduction

- July 2021 we saw numerous utility industry fatalities in a short span.
- 20% of those fatalities involved motor vehicle incidents
- Don't forget that you are not only a utility worker, you are also a professional driver!

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6

Explain to the participants, that driving is a critical part of their jobs, and this cannot be overlooked. Insulate and Isolate is critical to our safety but driving brings significant hazards and when you are driving you should be as focused on the task as you are when you are replacing a cut-out.



Objectives

Understand the importance of protecting yourself, your colleagues and the public, by focusing on driving in a defensive manner.



The object of this course is to make sure participants have a full understanding regarding the serious nature of driving and how they can take action to mitigate those hazards.



Topics in this presentation



- Cell Phones
- Types of accidents
 - Rear-end collisions
 - Merging and Lane Changes
 - Rollovers
 - Backing
 - ATV/UTV



There are two main topics in this presentation: Cell phones and the different types of incidents we face: Rear-end collisions, Merging and Lane Changes, Rollovers, Backing and ATV/UTV



Cell Phones



- Driving distracted is now more serious than DWI
 - ✓ The main culprit is cell phones
- Consider putting your phone in the glove box
- If you are allowed to use your smartphone for navigation, make sure it is mounted
- There are apps that will stop calls

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9

Driving while distracted and therefore not focusing on the task at hand, is now as bad as driving while intoxicated. The biggest cause of distracted driving is using cell phones. Drivers are: talking on the phone, sending text messages, reading emails, reading the news, getting weather reports, checking their Instagram, Tic-Toc or Twitter accounts etc., when they should be focused on driving. Please consider locking your phone in the glove box, turning it off, handing it to a passenger, or using an app that blocks cell phone use. If you are allowed to use a phone for navigation, make sure it is mounted so handling it or looking down at it does not cause a distraction



Rear-End Collisions



- The members of the ET&D Partnership agreed that rear-end collisions (we strike the vehicle in front of us) are one of the most avoidable types of accidents
- These are mostly due to:
 - Distraction/Lack of focus
 - Not providing a safe following distance
 - Driving too fast

One of the most common motor vehicle incidents we have in our industry is running into the back of the car in front of us. In almost all cases, this is 100% controllable by the driver. Please slow down, use a proper following distance and don't drive distracted.



Preventing Rear-End Collisions

- We start all field work with a Job Briefing to set the day up for success by identifying hazards and communicating responsibilities
- Consider doing a Driving Job Briefing **before** each trip just like you would for a Job Briefing

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11

To prevent injuries at the job site, OSHA requires a job briefing. In this job briefing, the hazards we face and how to mitigate them, is discussed before we start work. We should do the same when it comes to driving, especially if you have a passenger. Emphasize to the participants that they face hazards that can end their life just by driving to the job. Job briefings held at the job site recognize how serious the hazards are that they will face throughout the day. This can include hazards such as: high voltage electric contact, arc flash, falls from elevated buckets, Cars traveling at high speeds entering the work zone, etc. Driving can be just as hazardous; therefore preparation is just as important as it is at the job site.



Preventing Rear-End Collisions

- After you perform your pre-trip inspection, think about your route, the hazards on that route (school & construction zones, playgrounds, etc.) and how to avoid them
- SLOW DOWN ! Know the speed limit and pay attention to traffic ahead of you.
- Passengers should be helping the driver with navigation and hazard identification.
- Experienced drivers can point out hazards to apprentices before they get on the road even if they are driving alone in separate trucks.

Think about the route you are going to take, what hazards are on that route, what alternate routes can be taken to avoid hazards and, if you do have a passenger, what they can do to help identify hazards. These hazards can include: school and construction zones, playgrounds, blind corners, low bridges, tricky intersections, and signs that can be easily missed. Just like overhead/ underground utility line work takes a team effort, so can driving. Even if there is only one person in the cab, an experienced driver can discuss the hazards an apprentice may face, before they each get in their own truck. Slowing down can help prevent most incidents.



How to prevent getting rear-ended



- Place conspicuity (Chevron) striping on vehicles
- Approach intersection slowly
- Leave a buffer in front of you in case you need it



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13

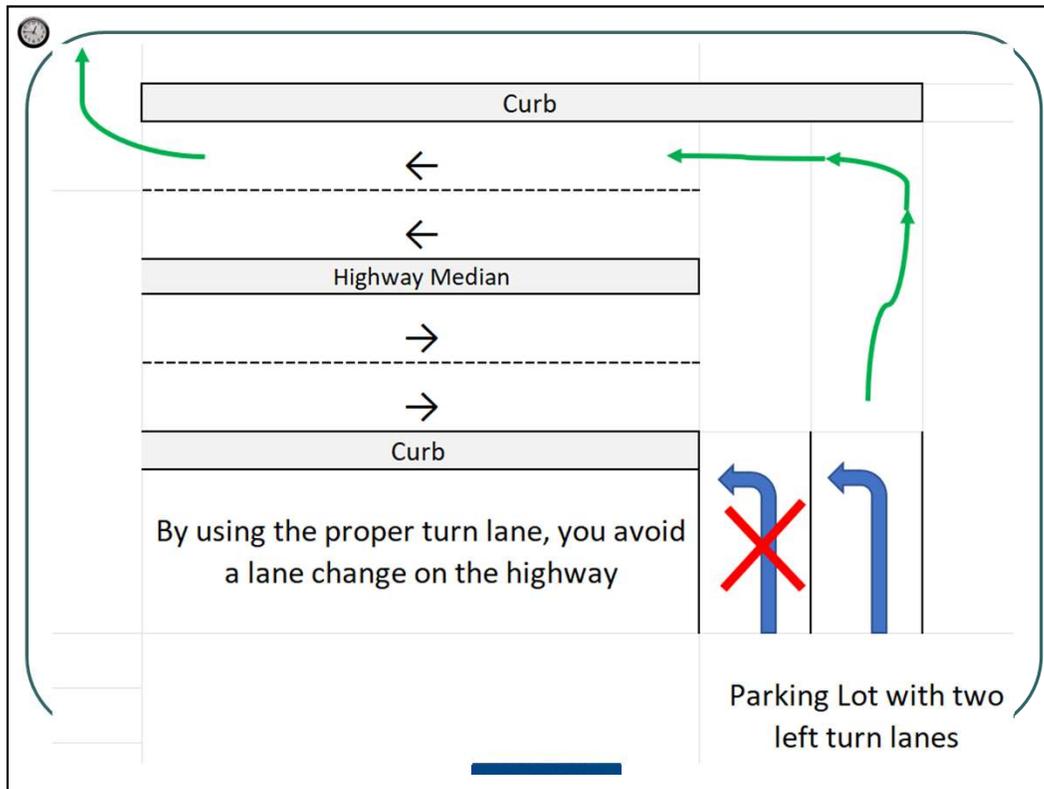
To prevent getting rear-ended, please consider putting conspicuity (Chevron) striping on the back of vehicles. In addition, approach intersections slowly and use a proper following distance so you have a buffer in front of you. This buffer may be used if the person behind you isn't stopping in time.



Preventing Collisions when merging or changing lanes

- The best way to prevent these types of collisions is to carefully plan your route.
 - Example: If you are making a left turn out of a parking lot that has two left turn lanes and once on the highway, you eventually must turn right, use the proper turn lane from the start. This avoids making a lane change before your next right turn. (See Diagram next page)

To prevent incidents that involve merging or changing lanes, the best thing you can do is to plan your route ahead of time, so you don't have to change lanes. If you have never driven a route before, ask an experienced driver if there are any lanes that end and therefore merge into other lanes so you can get in the proper lane from the beginning. This mitigates the hazard before you face it.



You can choose the proper lane right from the beginning to avoid a lane change. If you are leaving a large parking lot that has two left turn lanes think about which turn lane sets you up for your next turn, avoiding the need to change lanes. In this example, a driver needs to make a left turn out of the parking lot and then once the driver is on the road, they eventually have to turn right. In order to avoid lane change on the road, the driver gets him the proper turn lane that guides them into the far right lane of the road, therefore avoiding a lane change.



Preventing Collisions when merging or changing lanes

- In the example on the previous slide, you are mitigating the hazard by planning ahead.
- This can be done in many ways.
 - Change lanes early when there is no traffic.
 - Have a pickup follow you and provide a space for you to make the lane change.
 - Take an alternate route that does not require a lane change in heavy traffic.

In addition to the scenario on the previous slide, there are ways to mitigate the hazard of lane changes. 1) Think ahead and change lanes when there is no traffic around you 2) have someone driving behind you that can get in the lane you want to be in and protect you from other vehicles as you change lanes 3) as we talked about earlier before you leave for the job site plan your route in a way that can avoid changing lanes.



Preventing Collisions when merging or changing lanes

- If you must change lanes or if the lane you are in merges with another:
 - Notice this early by looking ahead
 - Plan your merge by looking at traffic around you
 - Utilize the passenger for assistance in spotting traffic
 - Use your turn signals in a timely manner to warn other motorists of your intent

If all the preventative steps we have discussed so far are not available to you, please utilize other methods to prevent a collision 1) Notice the situation early by looking ahead 2) Plan your merge by looking at traffic around you 3) Utilize the passenger for assistance in spotting traffic 4) Use your directional in a timely manner to warn other motorists



Preventing Rollovers



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18

Rollovers are the type of incident with the most serious consequences. You are much more likely to get seriously injured or even worse, suffer a fatal injury in a rollover compared to other types of incidents



Preventing Rollovers

- Maintain appropriate speed
- Utility trucks are very top-heavy and therefore cannot be driven like a sports car
- Pay attention to inclines and turns and the signs that warn you about them
- Read manufacturer's warnings regarding rollover protection
- **WEAR YOUR SEATBELT!!**

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19

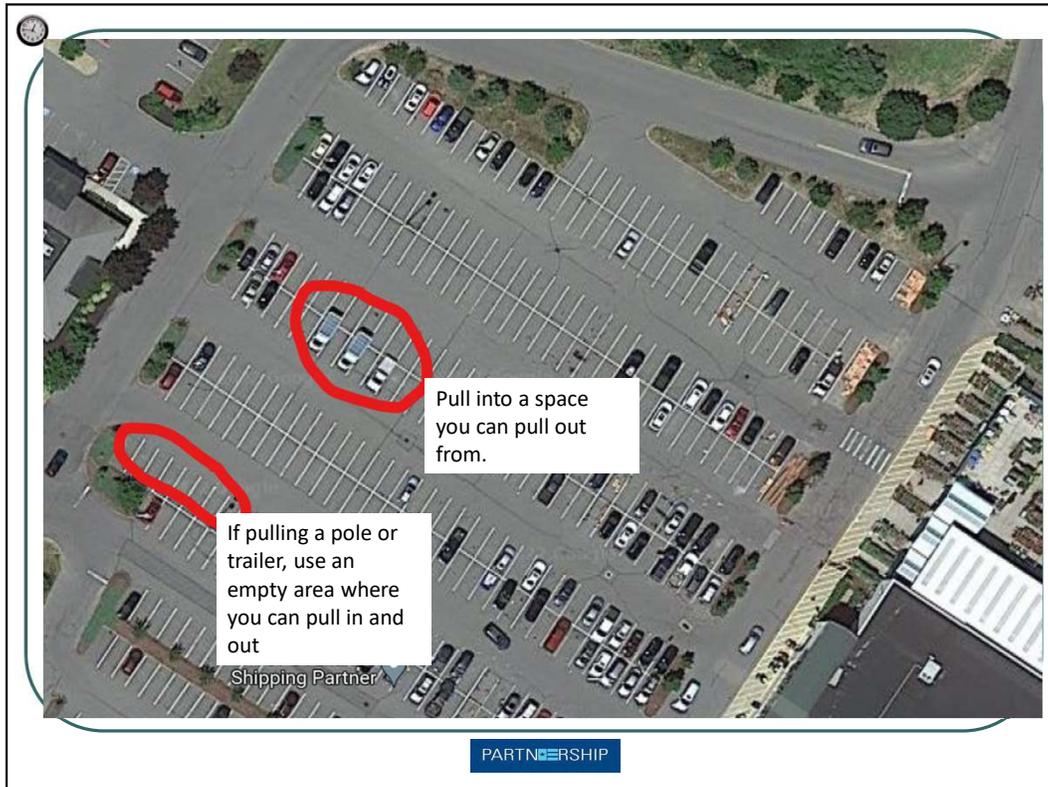
To prevent rollovers please take the following precautions: 1) Maintain appropriate speed, 2) Remind new drivers that utility trucks are very top-heavy and therefore cannot be driven like a Ford Mustang 3) Pay attention to inclines and turns and the signs that warn you about them 4) Read manufacturer's warnings regarding rollover protection. If the vehicle you were driving does rollover, please remember that **wearing your seat belt can save your life.**



Safe Backing

- Avoid parking that forces you to back up
 - Once again you are engineering the hazard out
- Use a spotter
- Go slow
- If alone, look around before you get in the cab
- Once you start backing, if you are unsure, place the truck in park, turn it off, **Get Out And Look**

1) Avoid parking that forces you to back up. Once again, you are engineering the hazard out just like picking the proper lane to avoid a lane change. 2) Use a spotter
3) Go slow 4) If alone, look around before you get in the cab 5) Once you start backing, if you are unsure, place the truck in park, turn it off, get out and look



Use the diagram on this slide to demonstrate how pulling into a parking lot and parking in a safe manner, can eliminate and the hazards associated with backing. Pull into a space you can pull out from, and if you are towing a trailer this may involve taking up several parking spaces. You may have to be creative while simultaneously being considerate to avoid backing.



ATV/UTV

- Only drive them if you are properly trained
- Read manufacturer's warnings regarding rollover prevention
- Wear a helmet
- Don't overload it



ATV's (all-terrain vehicle) and UTVs (utility task vehicle) are unique and are not used often so make sure all drivers are properly trained. Drivers should also take extra time before using them to read manufacturers' warnings regarding rollover prevention. Always wear a helmet and do not overload it.



ATV/UTV

- Watch changing terrain and look for unexpected obstacles
- Get off and walk when you can not see the terrain. You NEVER know what may be hidden in tall grass
- WEAR YOUR SEATBELT!!

Drivers are not on a paved road so they must watch for changing terrain and look for unexpected obstacles. Get off, walk and inspect the area when you can not see the terrain. You NEVER know what may be hidden in tall grass. Once again it is imperative to WEAR YOUR SEATBELT!!



Look at it this way

- Imagine what the call to your leadership would be like informing them that you just rear-ended a public vehicle, and a small child was now on the way to the hospital.
- Or...imagine your supervisor making a call to your family letting them know you rolled a vehicle over and you are now in serious condition

Teaching drivers the math behind following distances and other methods of teaching safe driving, ignores the emotional part of an incident. By asking the participant to think about what it is like to experience a collision, will help change their behavior. If it is possible, have an employee get up and discuss what it was like for them when they experienced a collision. Or, if no one has a personal experience to share, maybe someone has a friend or colleague that was in a collision and describing what that was like can be very beneficial in changing employees' attitude toward driving.



Look at it this way

- Think about how those scenarios would affect:
 - Your life
 - Your weekend plans
 - Your family
 - Your colleagues
 - Your company

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25

Collisions not only affect the vehicles that are involved but there may be long term effects to the people as well. A collision at work can: 1) have long term effects on the driver's life, 2) Short term effects on the next few weekends 3) effect your family 4) your colleagues 5) and your company. Open



Review

- Most common types of incidents are:
 - Rear-end collisions
 - Merging and Lane Changes
 - Rollovers
 - Backing

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26

Most common types of incidents are:

Rear-end collisions

Merging and Lane Changes

Rollovers

Backing



Review (cont'd)

- Slow Down, especially if conditions are not good
- You can control the hazard which leads to safer outcomes by planning ahead
- Passengers should assist the driver in hazard identification

Many accidents can be avoided by planning ahead

You can control the hazard which leads to safer outcomes by planning ahead

Passengers should assist the driver in hazard identification



Quiz



Question 1

- What is common between rear-ending and rollover accidents
 - A. Someone else is to blame
 - B. Nothing
 - C. Speed is too fast for conditions
 - D. They are not avoidable

C. Speed is too fast for conditions



Question 2

- True or False Pre-trip planning is a waste of time
 - TRUE
 - FALSE

FALSE



Question 3

- By focusing on driving in a defensive manner you.
 - A. Are protecting yourself, your colleagues and the public
 - B. Are always going to be late
 - C. Only when driving a company vehicle
 - D. It is better to drive aggressively

A. Are protecting yourself, your colleagues and the public



Question 4

- Which is **NOT** a best practice when changing lanes with a larger vehicle in heavy traffic?
 - A. Change lanes early when there is no traffic.
 - B. Have a pickup follow you and provide a space for you to make the lane change.
 - C. Take an alternate route that does not require a lane change in heavy traffic.
 - D. Turn on your turn signals and merge they will get out of your way.

D. Turn on your turn signals and merge they will get out of your way



Question 5

- What should you do when driving off road in high grass?
 - A. Keep going your ATV/UTV is made for this stuff
 - B. Get off and walk when you can not see the terrain. You NEVER know what may be hidden in tall grass
 - C. Get the map out
 - D. Ask a rabbit about the conditions ahead

B. Get off and walk when you can not see the terrain. You NEVER know what may be hidden in tall grass