



इंस्टीट्यूशन ऑफ सेफ्टी इंजीनियर्स (इंडिया)

INSTITUTION OF SAFETY ENGINEERS (INDIA)

(Formerly Run Under ZJEW Trust & Regd. Under Section 8 of Companies Act 2013 MCA & Govt. of India)

"AIM TO PREVENT ACCIDENT, PROTECT ENVIRONMENT + MINIMISE LOSSES DURING DISASTER"



# DEFENSIVE DRIVING

**AWARENESS ON  
DEFENSIVE DRIVING  
TECHNIQUES**

**Conducted by**  
Institution of Safety Engineers  
(India)

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# INSTITUTION OF SAFETY ENGINEERS (INDIA)

Welcome in Free  
Webinar Session on

**AWARENESS ON  
DEFENSIVE DRIVING  
TECHNIQUES**

On the Occasion of  
**National Road Safety**

**Week 2024**

on  
16<sup>th</sup> January 2024,  
03:00 PM to 04:00 PM



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# INSTITUTION OF SAFETY ENGINEERS (INDIA)

## AWARENESS ON DEFENSIVE DRIVING TECHNIQUES



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**Learn Industrial  
Safety and Health**

Institution of Safety Engineers (India)

**AIM TO**  
Prevent Accident,  
Protect Environment  
&  
Minimise Losses during Disaster

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## About us

Institution of Safety Engineers (India) is  
Non - Profitable organization set up in year  
2012 under ZJEW Trust & Register Under  
Govt. of India with objective to Prevent  
Accident, Protect Environment & minimize  
losses during disaster. Institution of safety  
engineers (India) imparting safety, health,  
environment & quality related training to  
needy & provide similar services to  
industries, organization, institution to  
achieve zero harm

# MEMBERSHIP SERVICES



# SAFETY HEALTH ENVIRONMENT RELATED TRAINING & SERVICES



# JOURNAL PUBLICATION



News & Journal Published by ZJEWT in association with Institution of Safety Engineers (India), Govt. Reg. No. 5240  
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**IJISEI**

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**International Journal of Institution of Safety Engineers (India)**  
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International Journal of Institution of Safety Engineers (India) is Published by Zeenat Jhan Educational and Welfare Trust (ZJEWT) in association with its unit Institution of Safety Engineers (India). ZJEWT is Non-Profitable organisation established in year 2012, Govt. Reg. No. 5240 and publishing online Journal since 2018 on name of International Journal of Institution of Safety Engineers (India). Journal publishing in four Issue in every year i.e one issue in every three month. International Journal of Institution of Safety Engineers (India) is also known as IJISEI in short form. Objective to publish this Journal is to share information, knowledge among researcher, Professional and organization. Such Journal helps to grow their professional carrier, used for research purpose. Safety, Health & Environment related Journal is very helpful for professional, Institutional, organizational to learn and implement effective system to Prevent Accident, Protect environment and minimize losses during Disaster.

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# OUR SPEAKER



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**Mr. MAHADEVA MURTHY H M:**  
Senior Member of Institution of  
Safety Engineers (India)  
& MBA in HSE Management,  
P.G. Diploma in Fire and Safety  
Engineering.

**Miss MADHURI CHATURVEDI:**  
Graduate with PDIS &  
Coordinator of Institution of  
Safety Engineers (India)

# Session Objectives

- Indian road scenario and law
- Traffic control devices
- Some aspects of night driving
- Rules of the road & defensive driving
- The responsible ride
- Blind spot while driving in and around heavy vehicle

### **MODIFIABLE**

**Driver  
Vehicle**

### **NON MODIFIABLE**

Other vehicles  
Law enforcement  
Roads and safety signs  
Visibility  
Pedestrians  
Animals  
Roadside vendors or processions  
Wine shops.....

# India..... Statistics

- 53,700 vehicles registered across country every day .
- Number of Deaths due Road accidents per Hour 18
- Motor vehicle accidents are the most common cause of death

# Traffic Control devices

- **Speed Bumps**
- **Barricades**
- **Turn Prohibitions**
- **Stop Signs**
- **Raised Pavement Markers**

# Driving Hazards

- Reckless driving
- Distracted driving
- Fatigue
- Aggressive driving
- Failure to keep vehicles in good operating condition
- Driving under the influence



# Dangerous Conditions

- Bad weather
- Difficult road conditions
- Poor light or glare
- Heavy traffic
- Road work
- Accidents



# Vehicle Maintenance

- Regular tune-ups
- Oil changes
- Fluid levels
- Brakes
- Tire treads and pressure
- Lights, signals, and wipers



# Pre-Drive Inspection

- Walkaround inspection
- Tires
- Leaks under vehicle
- Windows clean, nothing blocking vision
- Mirrors properly adjusted
- Lights working properly



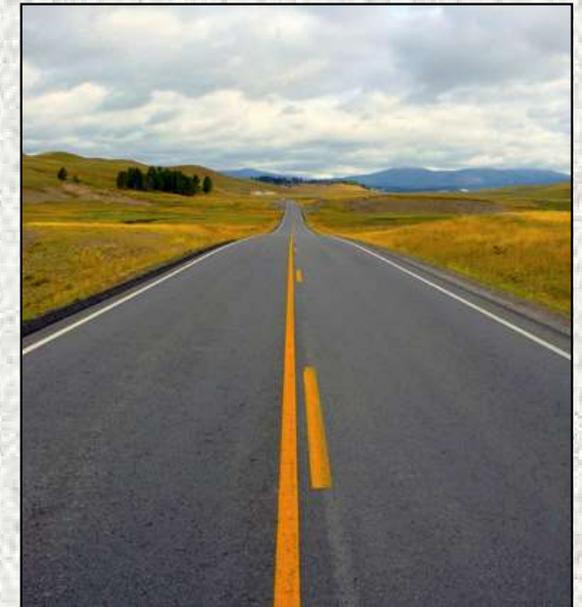
## Carrying a Load?

- Don't overload your vehicle
- Make sure everyone has a seat and a seat belt
- Make sure cargo is properly secured
- Be certain your vision is not blocked



# Obey Traffic Rules And Use Common Sense

- Speed limits
- Traffic signs and signals
- Follow the 2-second rule
- Signal your intentions
- Pass with care and only where allowed



# Keep Alert and Be Prepared

- Keep your mind on your driving and your hands on the wheel
- Scan the road ahead for problems
- Check mirrors frequently
- Expect the unexpected
- Yield to other drivers who are determined to get there first



## **Adjust to Weather And Road Conditions**

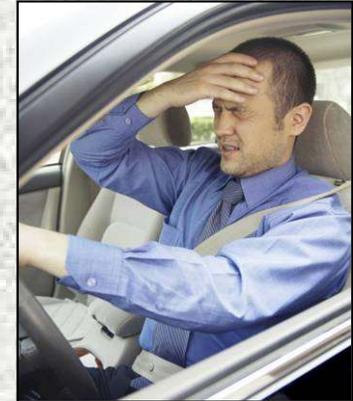
- Slow down
- Turn on lights and wipers
- Increase following distance to 4 seconds
- Avoid puddles
- Beware of misty rain after a dry spell
- Be prepared to handle a skid safely
- Beware of icy patches



# **Be Extra Careful at Night**

- Keep windshield clean to improve vision
- Turn lights on 1/2 hour before sunset
- Increase following distance to 4 seconds
- Be extra careful on curves and at intersections
- Switch from high to low beams to keep from blinding other drivers

**Watch Out for Fatigue**



**Keep Cool in Traffic**



**Don't Drink or Take Drugs and Drive**



## **KEY POINTS** To Remember!

- Know the driving hazards you can face on the road
- Maintain your vehicle in good condition
- Always wear a seat belt
- Follow traffic rules and obey signs and signals
- Be a safe and defensive driver every day
- Know how to respond to an accident



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# Test Drive

**Q 1- In India ..Number of Deaths due Road accidents per Hour .....**

**A**

5

**B**

26

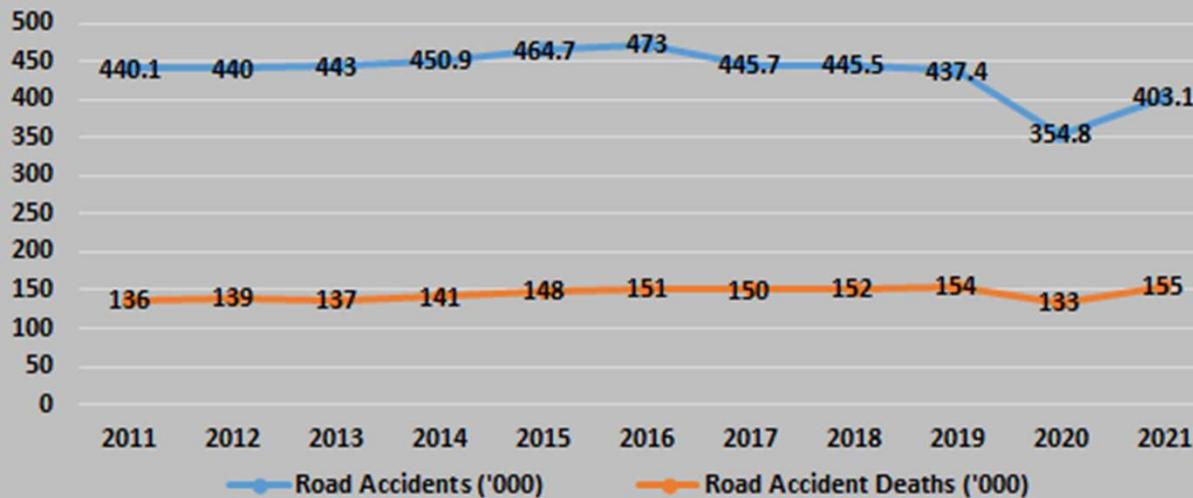
**C**

11

**D**

18

**Road Accidents, Persons Killed in India**  
(2011-2021)



Accidental Deaths & Suicides in India

426 per day  
18 per hour

**Q2. Which one is a Hazard ?...**

1. Child chasing a ball onto the road.
2. Parked car door opening
3. Slippery road surface after rain
4. All of the above

**Q 3 Driving Drowsy Affects Performance Like Driving Drunk**

**A**

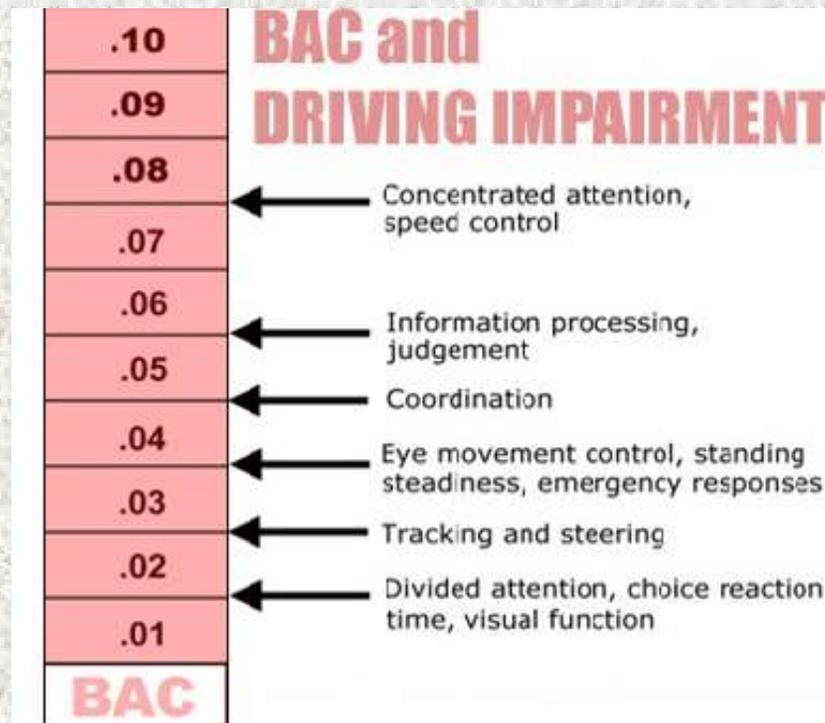
**True**

**B**

**False**

### Driving Drowsy Affects Performance Like Driving Drunk

- 19 Hours Without Sleep Is Similar to a BAC of .05%
- 24 Hours Without Sleep Is Similar to a BAC of .10%.



**Q 4 –Major Cause of Road accidents in India..**

**A**

**BAD ROADS**

**B**

**OVERSPEEDING**

**C**

**DRUNKEN DRIVING**

**D**

**UNFIT VEHICLES**



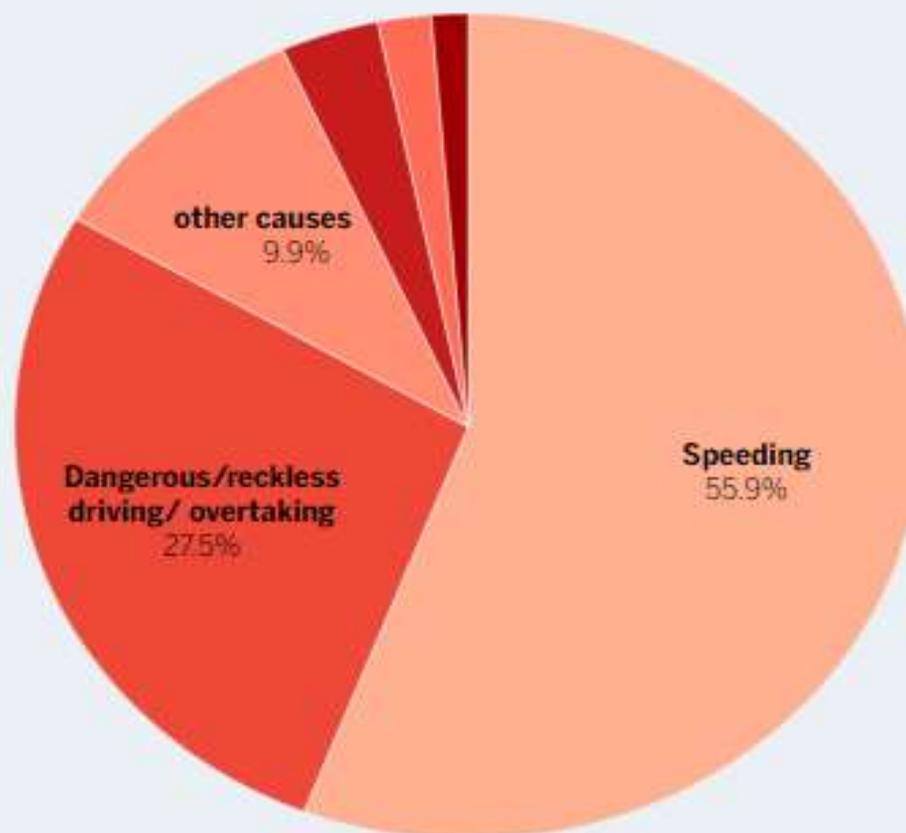
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## Major causes of road accident deaths in 2021

- Speeding (55.9%)
- Dangerous/reckless driving/ overtaking (27.5%)
- other causes (9.9%)
- Poor weather conditions (3.5%)
- Driving under influence of alcohol/drugs (1.9%)
- mechanical defects in motor vehicles (1.3%)



**Q 5** —An easy way to know if you are maintaining a safe driving distance is to take the \_\_\_\_\_

**A**

**One second rule**

**B**

**half second rule**

**C**

**two second rule**

**D**

**None**

### TWO-SECOND RULE FOR SAFE DISTANCE





Fasten your  
Seat Belts



Avoid  
Overspeeding



Don't  
Drink & Drive



Stay Calm  
Be Alert



Obey  
Traffic Rules

**Any Queries?**



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**Talk Safety | Walk Safety | Do Safety**

Institution of Safety Engineers (India)

**THANK YOU!**

FOR MORE DETAILS VISIT - [WWW.ISEINDIA.IN](http://WWW.ISEINDIA.IN)

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