



ToolBox Talks from the SWPA Safety Committee



D-E-F-E-N-S-E —Defense wins championships, good defense while driving saves lives. The roads can be an extremely dangerous place. According to the National Safety Council, an estimated 44,500 people died in motor vehicle crashes in 2023. Distracted driving, speeding, and drivers under the influence caused or contributed to the majority of accidents.

While driving we need to be cautious and aware of the other drivers on the road. Being a defensive driver is the best way to protect yourself. Most collisions that occur are preventable. The National Safety Council defines defensive driving as, “Driving to save lives, time, and money in spite of the conditions around you and the actions of others”. Defensive driving techniques involve more than just following the basic traffic laws.

Defensive drivers:

- Leave themselves an “out” when driving.
- Always think about their next move if a crash were to occur.
- Slow down when the conditions warrant.
- Do not engage in road rage.
- Avoid collisions by all means necessary- within the limits of the law.
- Plan their travels before leaving for their destination.
- Recognize the risks of their surroundings while driving.

Defensive Driving Example

John has been seeing a lot of deer activity on the roadway to his job site. Instead of going the normal way, John decides to take a route where there is less deer activity on to the road. On his way back to the office, it begins to rain heavily, and the roadway becomes slick, so he slows down to 5 MPH below the speed limit. After a few minutes of driving at this speed, the driver behind him begins to flash his lights and tailgate his truck. Instead of speeding up or stepping on the brakes, John decides to pull over where it is safe to do so to let the other driver pass.

Discussion points:

- What were some of the defensive driving techniques used?
- How can we use defensive driving techniques here at work or on our commute to and from work to stay safe?

Remember...Safety in 2025 Starts with You!

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Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: NSC, OSHA, Safety.net



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