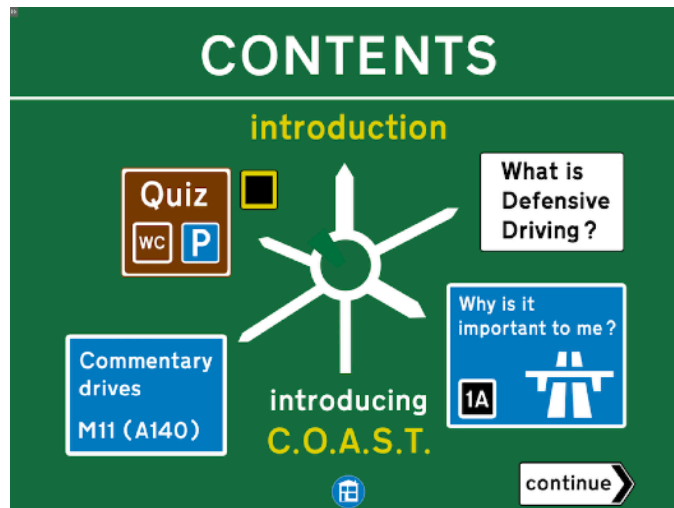


# Safer Driving at Work screens at August 2023

 indicates changes of media within same screen

 indicates video clip




**Introduction**






### important

This course is designed for users who hold a full UK driving licence.

While the course provides information about defensive driving, it does NOT replace your own proper judgement when driving, and taking into account factors including (but not limited to):


- your particular vehicle
- traffic
- weather
- road conditions
- your own personal circumstances, driving experience and ability






**Accept and continue** 


    

**Introduction**

**Vicky Lovell**  
30+ years experience reducing driving risk  
Featured as driving expert on BBC's Driving Academy  
2012 Team Award  
Winner of the Prince Michael International Road Safety Award for Driver Education




**What is defensive driving?** 



proactive mindset  
observing & anticipating  
reducing the risk of an incident

     **continue** 

**Why is this course important to me?**



UK roads are getting **safer** all the time  
But, if you drive, there is a good chance that this is the most dangerous part of your day

Why is this course important to me?

## test yourself...!

Roughly how many fatalities and injuries - both serious and minor - do you think happen *every day* on U.K. roads?

fatalities	serious injuries	minor injuries
25	500	high hundreds
5	70	low hundreds
50	1,000	low thousands
100	1,500	mid thousands

Please click on the row which you think is the most accurate.



POLICE  
ACCIDENT

continue

Spot on! You're right.

Why is this course important to me?

## daily fatality & injury rates (U.K.)

fatalities: 5



Why is this course important to me?

## daily fatality & injury rates (U.K.)

serious injuries: 70



Why is this course important to me?

## daily fatality & injury rates (U.K.)

minor injuries: low hundreds

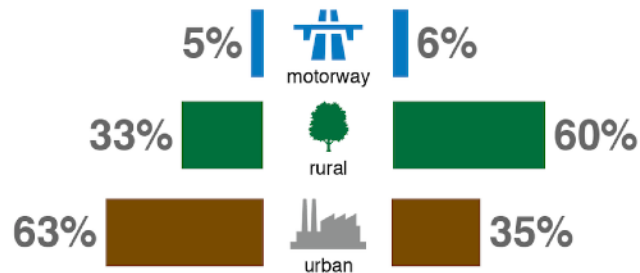


Why is this course important to me?

## casualties by road type

all casualties

fatalities



Why is this course important to me?

## question: route choice

If you had a choice of routes to take for a journey, which would be the safest?

Please click on your selection



urban



motorway



rural



You're right - well done!

Journeys by motorway are significantly safer than travelling by urban or rural routes.



Introducing C.O.A.S.T.

## C.O.A.S.T.

C.O.A.S.T. is a useful summary of the key elements of defensive driving:

- C - CONCENTRATION:** focusing on driving as a task in itself
- O - OBSERVATION:** e.g. road signs and markings
- A - ANTICIPATION:** being proactive not reactive
- S - SPACE:** allowing enough space between other road users
- T - TIME:** provided by travelling with a safe following distance

Navigation icons: back, forward, home, pause, go, continue

Introducing C.O.A.S.T.

## concentration

Navigation icons: back, forward, home, pause, go, continue

Introducing C.O.A.S.T.

## concentration: phones

Navigation icons: back, forward, home, pause, go, continue

Introducing C.O.A.S.T.

## concentration: phones

Even a **legal** call will impact your concentration

Navigation icons: back, forward, home, pause, go, continue

Introducing C.O.A.S.T.

## concentration drugs and alcohol

Navigation icons: back, forward, home, pause, go, continue

Introducing C.O.A.S.T.

## concentration drugs and alcohol

<b>lager</b> ABV 4.5% 220ml = 1 unit 1 pint = 2.2 units		<b>whisky</b> ABV 40% 25ml = 1 unit 35ml = 1.2 units	
<b>sparkling wine</b> ABV 11% 89ml = 1 unit		<b>red wine</b> ABV 13.5% 74ml = 1 unit	

Navigation icons: back, forward, home, pause, go, continue

Introducing C.O.A.S.T.

## concentration stress

Multiple causes of stress

Does your behaviour change behind the wheel?

When are you most at risk of losing your cool?

Driving competitively only increases risk

Let go of stress while driving

Navigation icons: back, forward, home, pause, go, continue

Introducing C.O.A.S.T.

## concentration speed and rushing

Driving fast = very small or no time savings

Adds additional pressure to your journey

Plan realistic, relaxed and comfortable journeys - on longer trips, take breaks

Navigation icons: back, forward, home, pause, go, continue

Introducing C.O.A.S.T.

## observation

**excerise**

Next, you will see a photograph of an urban street

Take a few moments to look at the picture

**Imagine you are driving - what do you notice?**

Vicky will then highlight some potential hazards

Navigation icons: back, forward, home, pause, go, continue

START  
COMMENTARY



## Introducing C.O.A.S.T.

### space & time tailgating

- create space all around your vehicle, not just in front
- tailgating leads to copycat behaviour
- be proactive and not reactive with a good following distance



## Introducing C.O.A.S.T.

### space & time the two second rule

2 seconds



Reproduced from the Highway Code under Open Government Licence

## Introducing C.O.A.S.T.

### space & time overtaking



## Introducing C.O.A.S.T.

### space & time overtaking



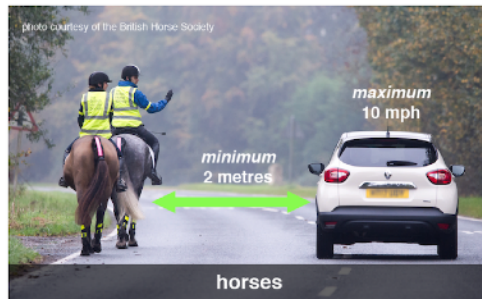
## Introducing C.O.A.S.T.

### space & time overtaking



## Introducing C.O.A.S.T.

### space & time overtaking



## Introducing C.O.A.S.T.

### changes to the Highway Code

from 29 January 2022

#### Rule H1 Introduction of 'Hierarchy of Road Users'

- Those in charge of vehicles which can cause the greatest harm bear the most responsibility to take care & reduce risks to others.
- Applies most strongly to lorries, buses, vans, cars, taxis & motorcycles.



- In the same way, cyclists, horse riders and drivers of horse drawn carriages have a responsibility to reduce danger to pedestrians.
- But ALL road users retain responsibility to take care of their own and others' safety.



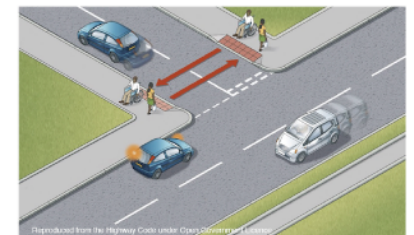
## Introducing C.O.A.S.T.

### changes to the Highway Code

from 29 January 2022

#### Rule H2 Rule for drivers, motorcyclists, horse drawn vehicles, horse riders and cyclists

- At a junction, you should give way to pedestrians crossing or waiting to cross a road into which - or from which - you are turning



Reproduced from the Highway Code under Open Government Licence

## changes to the Highway Code

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## C.O.A.S.T - bringing it together

### commentary drives

Next, you will see 4 short video clips from car journeys.

As you watch each clip, imagine you are driving. Try 'Planning and Scanning' - using your concentration, observation and anticipation skills to spot features and hazards.

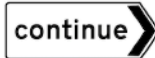
Vicky will then commentate on each clip. How many of her points did you spot?



- What features and hazards can you see in this clip?  
You can pause, rewind and replay the video.  
When ready, select continue to hear Vicky's commentary



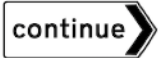
- COMMENTARY DRIVE



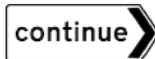
- What features and hazards can you see in this clip?  
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- COMMENTARY DRIVE



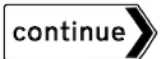
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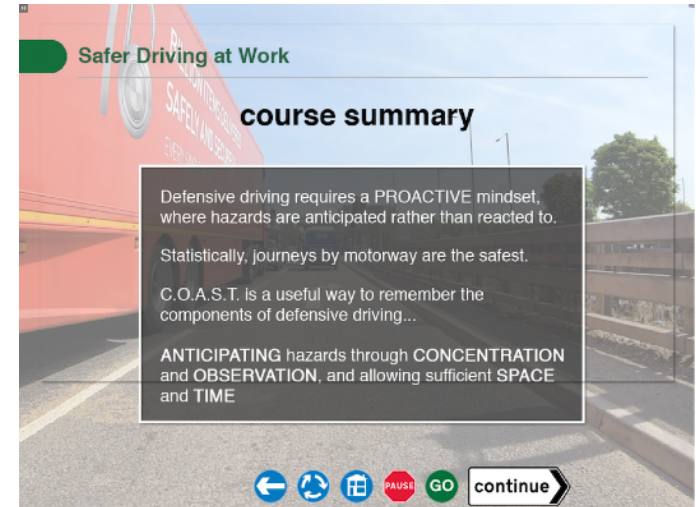




## 4 COMMENTARY DRIVE



continue



### Safer Driving at Work

#### quiz

To release your completion certificate you must successfully complete a short quiz.

There are ten multiple-choice questions.

Each question only has **one** correct answer.

The pass mark is 70%

Good luck !

continue



#### Quiz

##### Question 3 of 10

Which of the following completes a useful reminder about how much space and time to leave between you and the vehicle in front (in dry conditions)?

Only a fool...

- ☐ ...won't slow at a school
- ☐ ...rushes to stationary traffic
- ☒ ...breaks the Two Second Rule
- ☐ ...drives fast to look cool

SUBMIT

#### Quiz

##### Question 1 of 10

The 'S' in the C.O.A.S.T. acronym stands for:

- ☐ steering
- ☐ safe
- ☐ speed
- ☒ space

SUBMIT

#### Quiz

##### Question 4 of 10

On average, approximately how many people are killed on UK roads every day?

- ☐ around 50
- ☒ around 5
- ☐ around 500
- ☐ around 100

SUBMIT

#### Quiz

##### Question 2 of 10

On average, approximately how many people suffer serious injury on UK roads every day?

- ☐ around 7
- ☒ around 70
- ☐ around 700
- ☐ around 1000

SUBMIT

#### Quiz

##### Question 5 of 10

Which type of road is statistically the safest?

- ☒ motorways
- ☐ rural roads
- ☐ city centre roads
- ☐ village high streets

SUBMIT

## Quiz

### Question 6 of 10

Which of the following statements is FALSE?

When travelling, maintaining a suitable gap between you and the vehicle in front:

- ☐ improves the field of view ahead and around you
- ☐ provides time and space allowing you to be proactive
- ☒ significantly increases your journey time
- ☐ has very little or no effect on journey time

SUBMIT

## Quiz

### Question 7 of 10

Which of the following is NOT a benefit of doing your own commentary drive?

- ☐ it helps block out distractions
- ☐ it improves concentration by focusing on your journey
- ☒ it can help you look and sound amazing
- ☐ it improves anticipation, making you proactive not reactive

SUBMIT

## Quiz

### Question 8 of 10

Excluding motorways, and in the absence of repeater signs, a system of streetlights means a speed limit of:

- ☐ 20 mph
- ☒ 30 mph
- ☐ 40 mph
- ☐ 70 mph

SUBMIT

## Quiz

### Question 9 of 10

Which of the following can have a negative effect on concentration while driving?

- ☐ treating driving as a task in itself
- ☐ 'planning and scanning'
- ☒ using a mobile phone 'hands-free'
- ☐ commentating on what you can observe

SUBMIT

## Quiz

### Question 10 of 10

For red wine at 13.5% ABV, one unit of alcohol corresponds to:

- ☒ 74 ml
- ☐ 120 ml
- ☐ 150 ml
- ☐ 250 ml

SUBMIT

## Quiz

you scored  
**100%**

You've passed - congratulations!

You can now download your completion certificate after exiting the course

EXIT

review quiz

