

10 MASTER DRIVING RULES



10th Rule - Respect the other road users (drivers, motorcyclist, pedestrians, etc.). You are not alone on the road. Politeness, road courtesy, tolerance and understanding can avoid many accidents

- Being conscious of danger is by far more important than driving ability (anticipation instead of reaction).
- Cooperate when someone wants to overtake your car or truck.
- Do not overtake when total vision, safe distance and clearances are not available.
- Respect the elderly or young drivers or those who may drive slowly because of disability.
- Remember there are vulnerable road users, sharing the roads or crossing the roads.



Based on several measurements and surveys, one of the causes of traffic accidents is **aggressive driving**. The number of people expressing their anger and aggression when driving, is growing. Most drivers involved in aggressive driving are men of age between 18 and 26. But the same problem can be noticed also to drivers of any age (men and women), in certain cases such as bad mood, stress, etc.

AGGRESSIVE DRIVING IS:



SPEEDING



RUNNING LIGHTS & SIGNS



TAILGATING



IMPROPER PASSING



WEAVING

Drive defensively following these basic principles:

- 1 → Do not provoke/challenge: If you are in a traffic lane and the driver behind you is trying to overtake you, let him do it. Even if you drive normally to the higher permitted speed limit, move to the next lane and let them pass.
- 2 → Avoid inappropriate gestures: Even the shake of the head as a sign of disapproval can irritate another driver. Always use the flash in time when you want to change lane. Do not honk unless it is extremely necessary.
- 3 → Do not engage: There can be no quarrel if only one driver is pursuing it. You can protect yourself by refusing to get angry with another driver.
- 4 → Adjust: The most important thing you can do to prevent aggressive driving is to change the way you perceive the journey by car. It is indeed a fact that many drivers perceive the journey as a race. To avoid stress and harsh situations, you should take more time when travelling by car. Don't start your journey the last minute.

REMEMBER: THE ROAD BELONGS TO EVERYONE

All drivers of heavy vehicles and Heavy Mining Equipment (HME), who drive on company business, must receive initial driving (induction) training, together with ongoing training based on risk assessment.

Driving training includes at least Defensive Driving Techniques (including safe travelling distance, eye movement and focus length, anticipation, braking, means to avoid overturning)

(Driving Safety Standard_2017, HeidelbergCement Group)

What is defensive driving?

→ a set of driving skills that allows you to defend yourself against possible collisions caused by other drivers, road conditions or bad weather. Look ahead, spot potential hazards and act immediately.

Some tips for defensive driving:

1. Be able to control speed
2. Be alert and avoid distractions, e.g., cell phone use, eating.
3. Do not expect the other driver to do what you think they should do
4. Respect other users of the roadway.
5. Be aware of driving in special road and weather conditions



safe work  healthy life

External links:

http://www.aodos.gr/symboules_symboules/arthro/epithetiki_odigisi-15424144/

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Safety Talk

Date:

Safety Talk Leader

Names / Position:

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Department:

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List of participants:

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