

What is Defensive Driving?

Worksheet

Defensive driving is a proactive approach where drivers anticipate hazards, maintain safe distances, and adjust speed and position to avoid collisions. It prioritizes safety over speed or convenience.

Questions

1. At 60 km/h, what is the minimum safe following distance?
A) 1 second
B) 3 seconds
C) 5 seconds
D) 7 seconds
2. A car ahead brakes suddenly. Your best defensive response is...
A) Honk and brake hard
B) Brake firmly and steer around if possible
C) Accelerate to pass quickly
D) Flash your headlights
3. You're driving in fog. What is your defensive action?
A) Increase speed to reach destination faster
B) Reduce speed and use low-beam headlights
C) Flash high-beam to signal other drivers
D) Maintain normal speed; fog rarely causes accidents
4. A driver behind you is tailgating aggressively. What do you do?
A) Speed up to escape them
B) Brake suddenly to teach a lesson
C) Move to a safe lane and let them pass
D) Maintain your speed and ignore them
5. A car ahead suddenly brakes with no warning lights. You're 2 metres away at 60 km/h. Apply defensive driving.
6. You're driving on a wet road at night. A pedestrian suddenly appears in your headlights 50 metres ahead.
7. Another driver aggressively tailgates you, honking and flashing lights.
8. Define: What is the 3-second rule in defensive driving?
9. Define: How should you adjust speed in poor visibility?
10. Define: What is the 'scanning' technique in defensive driving?

Answer Key

1. B) 3 seconds — The 3-second rule is minimum for normal conditions. In poor weather, increase to 5–6 seconds.
2. B) Brake firmly and steer around if possible — Controlled braking maintains traction. Only swerve if braking distance is insufficient.
3. B) Reduce speed and use low-beam headlights — Reduced speed gives more time to react. Low-beams penetrate fog better than high-beams.
4. C) Move to a safe lane and let them pass — Let aggressive drivers pass safely. Never engage or brake suddenly, as this escalates danger.
5. Brake immediately with firm, controlled pressure. Maintain steering; do not swerve into other lanes. If collision is unavoidable, aim for the least-damaging impact angle. Key: You should have maintained a larger following distance (at least 4–5 seconds behind at highway speed).
6. Reduce speed immediately—do not accelerate. Brake gently to avoid skidding on wet pavement. Flash headlights and use horn as warning. Defensive principle: Reduce speed in poor visibility before the hazard appears.
7. Do NOT engage; do not speed up or brake suddenly. Slowly move to a safe lane if possible to let them pass. If no safe lane, maintain your speed and composure. Report aggressive driving to police if they continue. Defensive approach: Avoid confrontation and de-escalate.
8. Maintain at least 3 seconds of distance between you and the vehicle ahead. In poor weather, increase to 5–6 seconds.
9. Reduce speed significantly even if legal limits allow higher speeds. Your stopping distance is your visibility distance.
10. Regularly check mirrors and look far ahead to anticipate hazards before they develop.

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