

ANOTHER TOUCH



LESSON 1



INTRODUCTION – DRIVER ATTITUDE, FITNESS TO DRIVE.



KEY FACTORS FOR ROAD SAFETY



ATTITUDE

- **ATTITUDE:** Refers to a driver's mindset and approach toward road safety, rules and other road users. There is a **POSITIVE ATTITUDE** and a **NEGATIVE ATTITUDE**.
- **POSITIVE ATTITUDE:** Leads to safe, responsible driving behaviours
- **NEGATIVE ATTITUDE:** Increases risks, often resulting in accidents or unsafe driving practices.

KEY ASPECT OF POSITIVE ATTITUDE:

- **Respect for Traffic Rules:** Obeying speed limits, signal and road signs.
- **Patience And Courtesy:** Treating other road users with respect, including pedestrians.
- **Alertness and Focus:** Avoiding distractions and staying vigilant.
- **Willingness to Learn:** Continuously improving driving skills and staying updated on road safety laws.

CONSEQUENCES OF A NEGATIVE ATTITUDE



- **AGGRESSIVE DRIVING:** Tailgating, Speeding or Road Rage
- **RISK-TAKING:** Ignoring signals, overtaking in unsafe conditions.
- **IMPAIRMENT:** Driving under the influence of alcohol or drugs
- **COMPLACENCY:** Failing to maintain proper vehicle control due to overconfidence or distractions. (e.g., Cell Phones)



FACTORS INFLUENCING DRIVER ATTITUDE

- **EMOTIONAL STATE:** Stress, Anger or frustration can negatively impact driving
- **PEER PRESURE:** Influence from friends or passengers, especially among young drivers.
- **DRIVING EXPERIENCE:** New drivers may lack confidence while experienced drivers may become overconfident.
- **CULTURAL AND SOCIAL NORMS:** Local attitude toward traffic laws and enforcement.

IMPROVEMENT STRATEGIES

- **SELF AWARENESS:** Recognising and addressing personal negative behaviours.
- **EDUCATION:** Participating in defensive driving courses.
- **ENFORCEMENT:** Strict penalties for aggressive reckless driving.



FITNESS TO DRIVE

Refers to the physical, mental and emotional capability of a driver to operate a vehicle safely.

COMPONENT OF FITNESS TO DRIVE

- **PHYSICAL FITNESS:** Clear vision, hearing, mobility and reaction time
- **MENTAL FITNESS:** Cognitive ability to process road signs, make decisions and react to situation.
- **EMOTIONAL FITNESS:** Maintaining control over emotions while driving (Stress, Anger, Anxiety)

PHYSICAL FITNESS CONSIDERATION

- **VISION:** Regular eye check-ups to ensure clarity of vision (corrective lenses if necessary)
- **HEARING:** Ability to hear horns, Sirens or other auditory signals.
- **MOTOR SKILLS:** Sufficient physical mobility to handle vehicle controls.

CONDITIONS THAT IMPACT PHYSICAL FITNESS

- Fatigue
- Injuries or disabilities
- Medical conditions (diabetes, heart diseases).

MENTAL AND COGNITIVE FITNESS

- **CONCENTRATION:** Staying focused on the road without distractions
- **JUDGEMENT:** Ability to make quick and appropriate decisions in traffic situations.
- **MEMORY:** Recalling traffic rules and directions.

FACTORS THAT AFFECT MENTAL FITNESS

- **AGE:** Cognitive decline in older drivers may impact reaction time or decisions making.
- **MEDICATION:** Some prescription drugs can impair judgement and reaction time
- **SUBSTANCE ABUSE:** Alcohol and drugs(even legal ones) impair cognitive functioning

EMOTIONAL AND PSYCHOLOGICAL FITNESS

- **STRESS MANAGEMENT:** Staying calm during heavy traffic or stressful situations
- **ANGER CONTROL:** Avoiding road rage and aggressive responses to other drivers
- **CONFIDENCE:** Being confident without being reckless.

STRATEGIES FOR MAINTAINING EMOTIONAL FITNESS

- Take breaks on long drives to avoid fatigue.
- Avoid driving if highly emotional or upset.
- Practice relaxation techniques to manage stress.

EXTERNAL FACTORS AFFECTING FITNESS TO DRIVE

- **WORKLOAD:** long working hours or high-stress jobs may cause fatigue or mental exhaustion
- **HEALTH CONDITIONS:** Certain illness or injuries may impact both mental and physical fitness.
- **SLEEP DEPRIVATION:** Driving while drowsy sufficiently increases accident risk.

LEGAL CONSIDERATION

- **MEDICAL CERTIFICATIONS:** It is required for drivers with medical conditions to provide a fitness to drive certificate or report.
- **DRIVER LICENSE TESTING:** Regular vision and health tests for renewal of license
- **PENALTIES FOR DRIVING UNDER THE INFLUENCE:** Strict laws for drivers caught under influence of drugs or Alcohol.

IMPROVING FITNESS AND ATTITUDE

- **SELF ASSESSMENT:** Regularly evaluate one's physical and mental health before driving.
- **HEALTH MAINTENANCE:** Regular exercise, healthy diet and sufficient sleep.
- **AVOIDING DISTRACTIONS:** Putting away phones and other distracting devices while driving.
- **DEFENSIVE DRIVING TRAININGS:** Enhancing driving skills and learning how to deal with various road hazards.

CONCLUSION

A driver's attitude and fitness to drive are critical factors in road safety

Positive mindset, physical health, and mental sharpness are essential for reducing the risk of accidents.

Regular self-evaluation and improvement efforts are necessary for safe driving.

QUESTIONS & ANSWERS

THE END

**THANK YOU FOR YOUR
PARTICIPATION**