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Driver Education Course:

Preparing teens to drive safe

National Safety Council
NEBRASKA CHAPTER

Listed in the next few slides is an update on hand position on the steering wheel when driving.

Also, information listed on a way to set your side view mirrors so that you will see more of the lanes next to you and two methods of steering.

The traditional hand over hand method and a new method, push pull or shuffle steering, recommended by the National Safety Council and AAA.

The push pull or shuffle will be made available to your student during behind the wheel instruction. Other items included are types of distracted driving – the negative effects, scanning recommendations, and slides of traffic signs

One more item, please note the next slide concerning DMV regulations regarding the graduated licensing DMV waiver of testing.

There is no (DMV) Nebraska Department of Motor Vehicles road test when students under age 18 complete our course (although DMV always reserves the right to test anyone at anytime). They will be able to obtain their (POP) Provisional Operator's Permit online at the DMV website: https://www.nebraska.gov/dmv/dlr/index.cgi

After the student attends all classroom and drive sessions and passes our written and drive evaluations we will upload their information to the DMV data base and then send a letter of congratulations that includes instructions on how to access the DMV website.

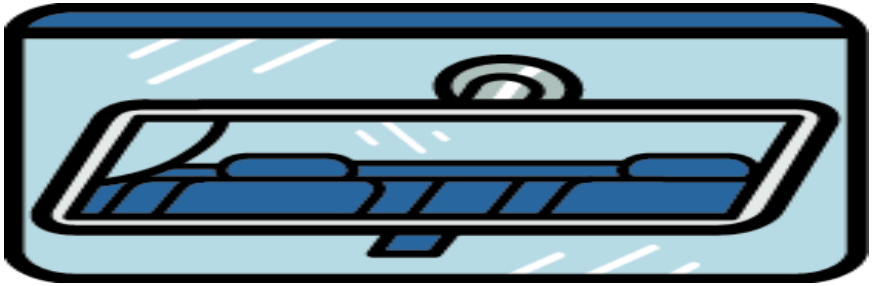
Those students age 18 or who will turn 18 during the driver education session will be required by the DMV to take their drive test to obtain their unrestricted Operator's License.

All students who successfully complete and pass our written and drive tests will receive a certificate of completion.

Adjust your mirrors

Rearview mirror

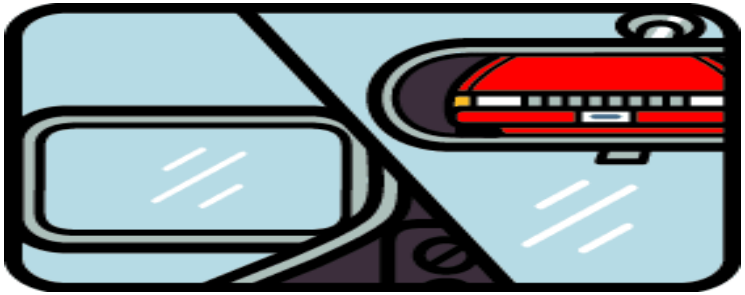
adjust to see through the entire rear window adjust for day/night driving – use the tab at the bottom to adjust for this, individuals over 6 feet tall – turn rearview mirror 180 degrees

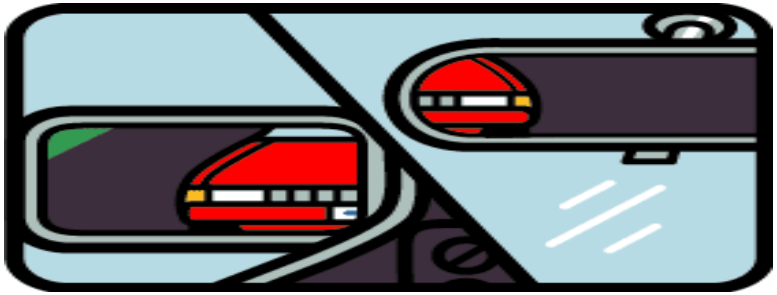


Side view mirror **(driver's side)** lean your head against the door window and adjust the driver's side mirror so that you can barely see the side of your car in the first quarter of the mirror and you'll also see the next lane in the last three quarters of the mirror. Also, adjust the side view mirror so you can just barely see the rear door handle in the bottom of the mirror

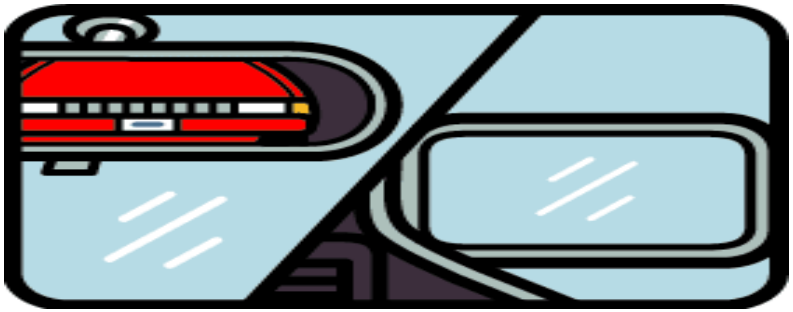
Entry–continued:

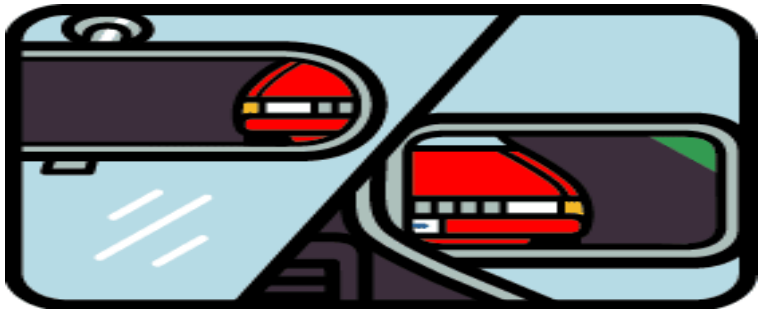
side view (driver's side) mirror





Side view mirror – **(passenger's side)** lean your head the same distance the other way, towards the passenger window, so that you can barely see the side of your car in the first quarter of the mirror and the next lane in the last three quarters of the mirror. Also, adjust the side view mirror so you can just barely see the rear door handle in the bottom of the mirror





This is how it works:

When a car comes up behind you, you should first see it in your rearview mirror. But as it passes you (let's say on your left), you'll see it move to the left side of your rearview mirror. And as its left headlight disappears from your rearview mirror, it should instantly show up in your left side-view mirror. There should be no delay. It should slip from one to the other, so you can always see it.

This will take some getting used to and you'll probably need to make some adjustments, but this will help reduce your **blind spot** area when changing lanes.

Remember – ALWAYS CHECK YOUR BLIND SPOT WHEN CHANGING LANES!!!

Fasten your seat belt

Seat Belts help:

Reduce the risk of fatal injury

Keep the vehicle occupants conscious

Keep the driver conscious and under control of the vehicle

Help reduce the risk of any type of injury by **50%**

Steering:

Hand positions **8/4 and 9/3 O'clock positions**

Tracking – **(keeping your vehicle centered in your lane**) the best way to do this is to scan several seconds ahead-long range scanning along your intended path, steer toward a point in the center of your lane and don't use short range scanning)

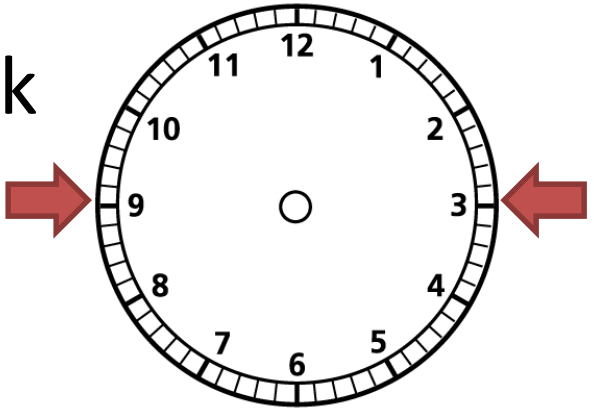
Turning – Hand over Hand – or Push-Pull (shuffle) For all turns, whether you use hand over hand or push pull – be sure to look ahead as far as possible along the lane you want to enter

Hand over Hand Steering for tight radius turns, such as parallel parking, hard turns and hairpin turns

Do not grab the inside of the steering wheel and **do not let go** of the steering wheel when turning

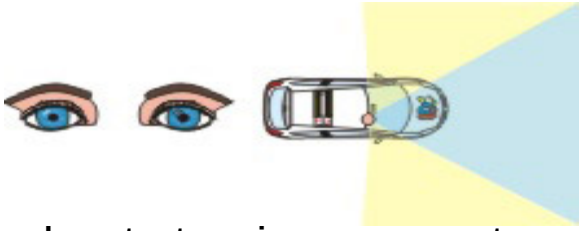
Hand Position for Steering

- Image steering wheel as a clock
- Place hands at 9 and 3 o'clock or 8 and 4
  - Avoid injury if air bag deploys
- Keep knuckles and thumbs on the outside of the rim
  - Reduce injury in collision



Pull-push method – this method will be introduced to students in their behind-the-wheel sessions.

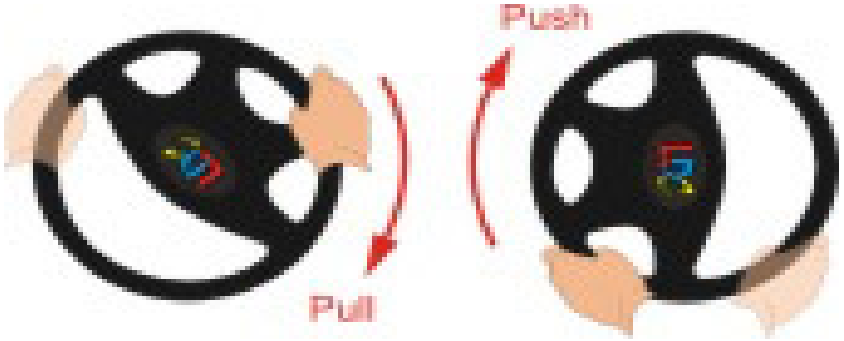
Steering



What is probably the most important rule about steering may not seem obvious. When driving you not only steer with your hands, but also with your eyes. You do this by looking where you want the car to go, this in turn will tell your brain what to do with your hands and steer accordingly. Your peripheral vision (i.e. your vision to the sides) helps you to keep your road position.

Pull-push method

This method ensures that you keep both hands in contact with the wheel at all times and that the wheel is never allowed to spin out of control. Once the wheels are fully turned left or right this is known as full lock.



Push-pull (Slide) method

- Hands move in an up and down motion (on sides of wheel) sliding along the wheel
- Hands do not cross, body stays balanced

Left Hand:
Pushes Up
(right turn)

Right Hand:
Pulls Down
(right turn)

The procedure for turning full lock to the right:

Pull the steering wheel down with your right hand whilst sliding your left hand down.

Push the steering wheel up with your left hand whilst sliding your right hand up.

Pull the steering wheel down with your right hand whilst sliding your left hand down.

Repeat the previous steps until full lock is achieved or you have steered sufficiently for your intended maneuver

The procedure for turning full lock to the left:

Pull the steering wheel down with your left hand whilst sliding your right hand down.

Push the steering wheel up with your right hand whilst sliding your left hand up.

Pull the steering wheel down with your left hand whilst sliding your right hand down.

Repeat the previous steps until full lock is achieved or you have steered sufficiently for your intended maneuver.

Hand-Over-Hand Steering

Use hand-over-hand steering when turning the wheel at low speeds, such as at an intersection or when parking the vehicle. When using hand-over-hand steering, your left hand grasps the steering wheel between 8 and 9 o'clock and your right hand grasps the wheel between 3 and 4 o'clock. Depending on the direction of the turn, use the right top third of the steering wheel to move the wheel to the right and use the left top third of the wheel to move the wheel to the left. This process is repeated as necessary. Simply reverse the hand-over-hand process to bring the vehicle into your intended path.

Defensive Driving:

Defensive driving means driving alertly to prevent accidents!

As a new driver you need to develop these defensive driving techniques.

SCAN ahead, to the sides at places where other cars, people or animals may cross your path, look to both sides and be sure that the way is clear and don't forget to look behind you – get the big picture.

AIM HIGH and scan the road at least 12 seconds ahead.

IDENTIFY a problem

DEVELOP a solution

EXECUTE a correction

City driving – use short range scanning as well as long range scanning, checking at least one of your mirrors every **three to five seconds**

Always - keep your eyes moving

Rural/Expressway – use long range scanning and check your at least one of your mirrors every **three to five seconds** and don't forget to check your speedometer to check your speed.

Types of Distracted Driving

Texting
Using a cell phone or smart phone
Eating and drinking
Talking to Passengers
Grooming
Reading, including maps
Using a navigation system
Watching a video
Adjusting a radio, CD player, or MP3 player

Negative effects – when we drive distracted:

(reference www.distraction.gov)

- 2011 3,331 people were **fatally injured** in crashes involving driver distraction and another 387,000 were non fatal injuries
- 10% of injury crashes in 2011 involved reports of distracted driving
- 21% of drivers 15-19 years old involved in fatal crashes were involved in some type of distracted driving
- Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent –at 55 mph- of driving the length of an entire football field, blind.

Drivers must be able to react properly to the following signs and signals. Please review the following slides and also take time to study the Nebraska Driver's Manual; available at the nearest (DMV) Department of Motor Vehicles location or online at:
http://www.dmv.ne.gov/examining/fee.html

Also available is the Nebraska DMV "The Parents Supervised Driving Program" at:
http://www.dmv.ne.gov/examining/pdf/ParentsSupervisedDrivingProgram.pdf

RESPONSIBLE DRIVING
TRANSPARENCY 1

REGULATORY SIGNS

Yield sign
Triangle
Red

Speed limit
Vertical rectangle
White

One way
Horizontal rectangle
Black

General regulatory sign
Vertical rectangle
White

Do not enter
Square
Red

Stop sign
Octagon
Red

General regulatory signs
Square
White

Divided Highway
Horizontal rectangle
White

Wrong way
Horizontal rectangle
Red

Railroad crossing
Crossbuck
White

General regulatory signs
Square and
Horizontal rectangle
White

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RESPONSIBLE DRIVING
TRANSPARENCY 2

WARNING SIGNS

Tell you what to expect ahead.

Intersections

Changes in width

Traffic

Crossings

Conditions

Curves

Construction

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RESPONSIBLE DRIVING
TRANSPARENCY 3

ROUTE MARKERS

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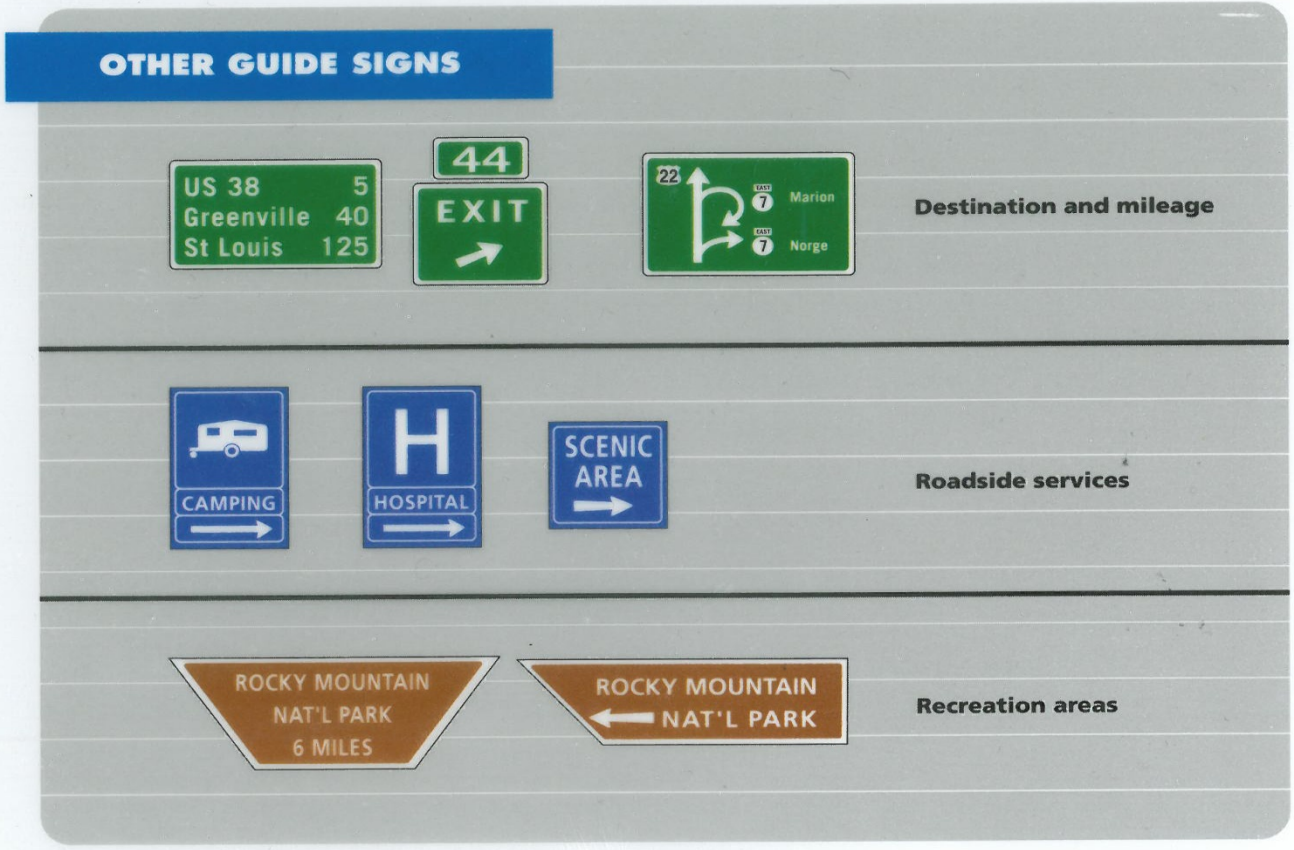
RESPONSIBLE DRIVING
TRANSPARENCY 4



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RESPONSIBLE DRIVING
TRANSPARENCY 5

INTERNATIONAL TRAFFIC SIGNS

No entry for cycles

Falling rocks

No U-turn

First aid station

Telephone

Gas station

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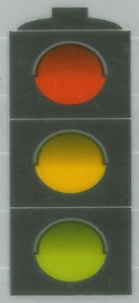
RESPONSIBLE DRIVING
TRANSPARENCY 6

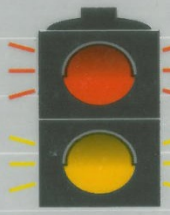
TRAFFIC CONTROL SIGNALS



RED
STOP (Right turn on red after stop permitted in nearly all states)

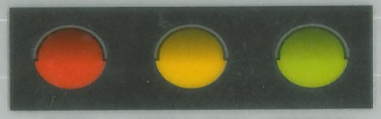
YELLOW
DO NOT ENTER THE INTERSECTION

GREEN
GO (When safe to do so)



FLASHING RED
You must stop and proceed only when it is safe to do so.

FLASHING YELLOW
Slow down and proceed with caution.



RED YELLOW GREEN

GREEN ARROW
Traffic moving in the direction of the arrow may proceed if clear.

YELLOW ARROW
Appears after green arrow to indicate light is about to change.

RED ARROW
Used to indicate traffic is not allowed in direction of arrow.

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RESPONSIBLE DRIVING
TRANSPARENCY 7

Pedestrian Signals

STEADY WALK
Pedestrians may proceed across street.

FLASHING DON'T WALK
Pedestrians in street may proceed across street; others should not start.

STEADY DON'T WALK
Pedestrians should not enter street.

Lane-Use Lights

RED X
You must never drive in a lane under a RED X signal.

YELLOW X
A steady YELLOW X indicates the driver should safely vacate this lane—because it soon will be controlled by a RED X.

GREEN ARROW
You are permitted to drive in a lane under a GREEN ARROW.

FLASHING YELLOW X
A flashing YELLOW X indicates the lane is to be used, with caution, for left turn movements only.

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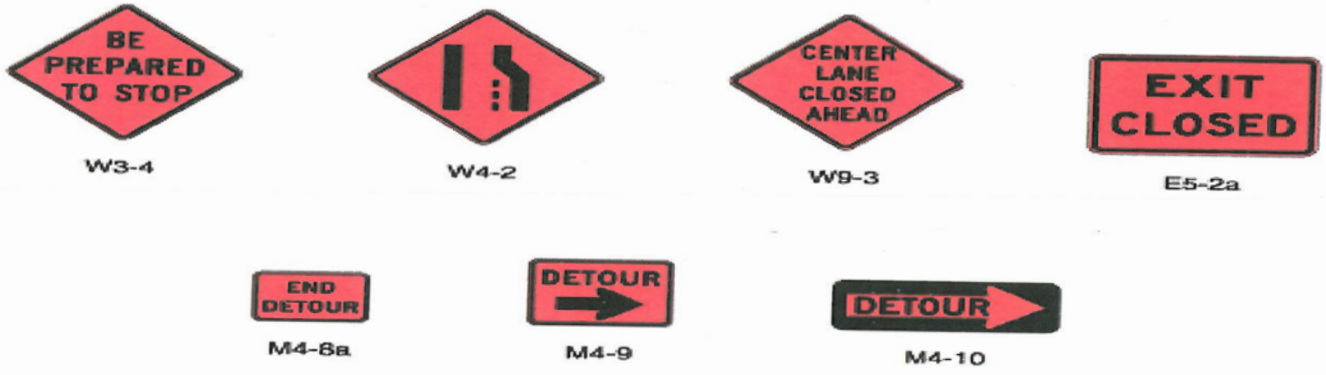
Figure 6I-1. Examples of Traffic Incident Management Area Signs



This figure illustrates seven traffic incident management area signs.

W3-4 is shown as a diamond-shaped fluorescent pink sign with a black border and legend. The words "BE PREPARED TO STOP" are shown on three lines.

W4-2 is shown as a diamond-shaped fluorescent pink lane ends sign with a black border and legend. It shows a thick, vertical straight line on the left; a thick, vertical line on the right that angles toward the left half way up; and a thin, short vertical dotted line between them that is the length of the vertical section of the line on the right.

W9-3 is shown as a diamond-shaped fluorescent pink sign with a black border and legend. The words "CENTER LANE CLOSED AHEAD" are shown on four lines.

E5-2a is shown as a horizontal rectangular fluorescent pink sign with a black border and the legend. The words "EXIT CLOSED" are shown on two lines.

M4-8a is shown as a horizontal rectangular fluorescent pink sign with a black border and the legend. The words "END DETOUR" are shown on two lines.

M4-9 is shown as a horizontal rectangular fluorescent pink sign with a black border and the legend. The word "DETOUR" is shown above a right-pointing black arrow.

M4-10 is shown as a horizontal rectangular black sign with a fluorescent pink border. The word "DETOUR" is shown in black superimposed on a right-pointing fluorescent pink arrow.