

# First Thursday Safety Topic

## August 2019



### Learning Techniques and Changing Behavior

*Develop a passion for learning. If you do, you will never cease to grow. Anthony J. D'Angelo*

I remember learning to drive a vehicle from my dad who at the time was a Sergeant in the United States Marine Corps. He was a “lifer” and as you might expect of a Marine his way of instruction was much like the typical Marine Drill Sergeant of the day. He made me nervous and it took years to realize that some of the stuff he was teaching me and the way he was teaching me was as a fearful dad who wanted to make sure I was safe.



Dad was also an airplane pilot and today as a pilot I realize that he was also showing me some techniques that I use to fly an aircraft safely. The biggest of those was to see the big-picture and look down the road as far as I can to have

time to react and take action. This has been a technique that has saved me on the ground and in the air many times. Being a lifelong learner, I am constantly looking to improve my skills as a driver and a pilot. In recent months I was pointed to two ladies who specialize in defensive driving and am proud that they became Associates at our Safety Institute.

In this month’s 1<sup>st</sup> Thursday Safety Topic I have invited them to share some insights they have gathered along the way. As teachers they are very effective in changing behaviors when it comes to driving and I hope you will learn something this

month that will help you. When I told them about my dad, they offered the following advice for parents, so I will let Sharon and Donna share ...

*Could it be that we, as adults, have unknowingly taught our children to drive cars by doing the following: start the ignition, buckle the seatbelt, put the car in gear, and pick up the phone. Now maybe you did not do that when teaching your 15 or 16-year-old child or grandchild to drive. But what were you doing before they reached driving age? Remember they learn habits early from what they **see**, not always from what you say. If you tend to be anxious when you drive, or that other “A” word “aggressive” – then these behaviors will most likely be transferred to your kids, also.*

*Like Carl’s father, parents must set the precedent for safe driving. If a dad thinks nothing of speeding 90 mph down the interstate, then his daughter will think that’s normal, too. If a mom decides to send a quick text from the car, then the son will never see a problem with using his phone “for a second” when he drives. Do you buckle up first thing when you get in your vehicle? Do you consistently use your turn signals? Do you allow other drivers to merge in front of you or do you speed up so there’s no room to let them in? Do you call Uber or Lyft – or use a designated driver - if you’ve had too many drinks at dinner or do you drive home? And have you ever pulled over for a short 20-minute reset nap if you’re driving home from vacation and find yourself hearing the drumbeat of the rumble strip on the side of the interstate? We know the statistics behind most car crashes. They are mainly caused by four things:*

1. *Distractions*
2. *Impairments*
3. *Drowsiness, and*
4. *Speed*

*(Otherwise known as the DID’S).*

*We expect our kids to not drink and drive. But DID you model that expectation? Likewise, we expect our teenagers to remain focused on the road ahead, to see the big picture around them. But DID you model and explain that learned driving skill? Driving is the most dangerous thing we do every day. We like to end our safe driving talks with a quote attributed to Tommy Lasorda, “Baseball is like driving. It’s the one who gets home safely that counts.”*

*Equip your kids, and yourself, with the skills and the knowledge to make it back home from work or school safe each time they drive.*



*Parents must be the first ones to draw the line on distracted driving and put their phones on Do Not Disturb. Only then will they be able to encourage their kids to hang up and drive. And when parents observe the rules of the road and are considerate of other drivers, that training will stick, too. Just like it has with Carl.*

Sharon and Donna have made it their personal mission to prevent every driving event that can cause death, injury, or damage. Driving is a hazardous activity just like flying an airplane but it can be done without incident if we dedicate ourselves to the goal. Hopefully this month’s topic is one that you will not only share with your workforce but with your family and friends.

To learn more about Sharon and Donna’s behavior changing presentation contact their agent, Nona Prather at the Safety Institute by email at: [nona@safetyinstitute.com](mailto:nona@safetyinstitute.com) or call 800.259.6209

## NOTES

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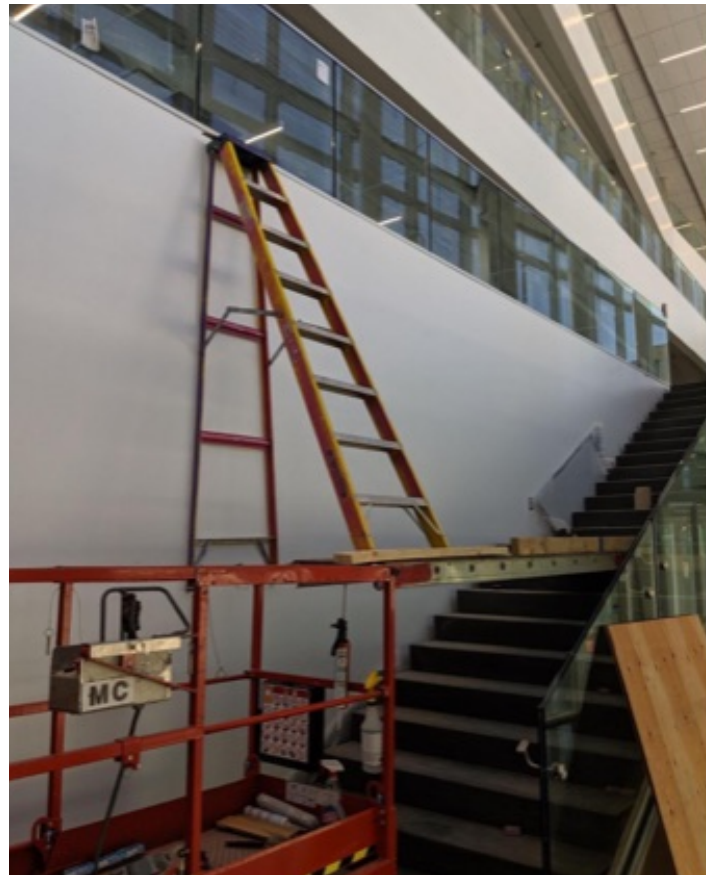
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*What’s the Hazard?*