



Smith System Safety Shorts and Quick Tips

SSD-310-V-1 Volume 1 DVD- \$75.00

Chapter 1 Avoiding A Rear End Collision *(2 minutes 45 seconds)*

Topics and tips: Following distance, how to cope with drivers who cut us off and traffic pacing techniques. Also included are some simple tips to help drivers reduce fuel consumption.

Chapter 2 Mirror Check Intervals *(1 minute 29 seconds)*

Topics and tips: Information about dealing with the unexpected in traffic, developing a good mirror checking patterns and how to maintain a 360 degree circle of awareness.

Chapter 3 A Car Length Of Cushion *(1 minute 30 seconds)*

Topics and tips: Understanding how much space to keep in front of the vehicle in some stopping situations, how to prevent multiple vehicle collisions, how to avoid unnecessary backing due to unusual traffic circumstances and a simple tip to help drivers avoid being boxed in.



Chapter 4 Driver Fatigue *(3 minutes 56 seconds)*

Topics and tips: Recognizing two types of fatigue and avoiding the common tendency to believe “I can make it” when it is unwise to continue driving. Also, recognition of how a fatigued mind and body diminishes driver skills and capabilities, how to use eye activity to combat mild fatigue and how to know when to get off the road.

Chapter 5 Driving – There Is No Safety In Numbers *(1 minute 43 seconds)*

Topics and tips: Understanding the driver / pack phenomenon on the freeway, on city streets and in parking lots. Tips include how to help drivers find space and safety in all driving environments.

Did You Know?

Short segments, presented between Safety Shorts, to include a variety of traffic related statistics and trivia.

Smith System Flashbacks

Short excerpts derived from Smith System videos made from 1958 to present times. These segments were selected to provide additional tips and reminders.