

# **Defensive Driving**

## **Course duration**

**5 days**

## **Introduction**

**The most important job of any driver is safe driving. This Defensive Driving course aims to develop knowledge awareness and skills amongst road users about road safety issues.**

**This is to ensure practical cooperation and communication between relevant parties and colleagues. It trains on the best practices and the application of practical and research experience. An effective Defensive Driving training program helps organisations prevent minor and major accidents, achieve their obligations, and fulfill legal requirements and Operational Control requirements.**

## **Who Should Attend?**

- **Drivers Wheelers**
- **Cab Drivers**
- **Bus and Truck drivers**
- **Cargo drivers**
- **Safety managers**
- **Supervisors and Executives**
- **Health and Safety personnel**
- **Inspection and Auditing personnel**

## **Course contents**

### **❖ Drivers affect every one**

- **Introduction**
- **Defensive Driving**
- **Identify your personal driving behaviors and tendencies**
- **Recognize that every behavior is a choice**

- Define risky driving behaviors
- Explain how to drive defensively in conditions beyond your control
- Vehicle knowledge
- Driving skills

#### ❖ Driving defensively

- Define defensive driving and collision prevention
- Identify defensive driving techniques
- Use the 'What-if' strategy to recognize and avoid hazards
- Identify the risks associated with driving without seat belts or proper restraints
- Identify how to effectively use vehicle safety systems
- What you should not do
- Physical and mental ability

#### ❖ Speeding and distractions

- Recognize the risks of speeding and following too closely
- Employ the 3-second and 3-second+ following distance rules
- Define aggressive driving and road rage
- Identify driving distractions
- Recognize risks of distracted driving

- Need of road safety and driver safety
- Causes of road accidents
- Driving in adverse conditions

#### ❖ Managing risks

- Identify risks associated with improper turns
  - Explain the proper procedures for passing and overtaking another vehicle
  - Identify risks associated with driving left-of-center
  - Describe right-of-way violations and safe intersection strategies
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- Identify roadway maintenance and construction hazards

- Use techniques for trains and railway grade crossings
- Night driving
- Wet conditions

#### ❖ Safely sharing the road

- Identify other vehicles you will encounter on the road and techniques for dealing with them
- Recognize the challenges drivers of larger vehicles face
- Explain proper techniques for dealing with pedestrians pedal cyclists, and animals

#### ❖ Three steps of collision

- Identify the steps to conduct pre-trip inspections
- The importance of proper vehicle maintenance
- Describe steps for addressing different types of immediate danger you may encounter
- Determine if a collision was preventable in different driving situations

#### ❖ Habits of defensive driving

- The Six Deadly Choices
  - The importance of choosing the right behaviors
  - Your driving plan
  - Distractive driving and consequences
  - Road rage, aggressive driving, driving courtesy and behaviour
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- Driving ergonomics
  - Vision and speed effects
  - Preventive maintenance
  - Corrective maintenance
  - Periodic maintenance
  - Car maintenance strategy and checks

❖ **Personal behavior**

- **Drugs / Alcohol and driving**
  - **Distance between vehicles)**
  - **Motor Vehicle Act**
  - **Accidental injuries and emergency and response**
  - **First-aid**
  - **Case studies**
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**The course will be equipped with practical examples and video clips**