

Defensive Driving

Course Duration

4 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.

It ensures practical cooperation and communication between relevant parties and colleagues. It trains participants on best practices and the application of practical and research-based experiences. An effective Defensive Driving training program helps organizations:

- Prevent minor and major accidents
- Fulfill legal and operational control requirements
- Achieve safety obligations

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 Outline

Day 1: Fundamentals of Defensive Driving

- 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
- 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

Day 2: Driving Risks and Situational Awareness

- 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
- 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

Day 3: Hazard Management and Road Behavior

- Identify roadway maintenance and construction hazards
- Use techniques for trains and railway grade crossings
- Night driving
- Wet conditions
- 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
- Identify the steps to conduct pre-trip inspections
- Importance of proper vehicle maintenance
- Steps for addressing different types of immediate danger
- Determine if a collision was preventable in different driving situations

Day 4: Defensive Habits, Maintenance & Emergency Response

- The Six Deadly Choices
- Importance of choosing the right behaviors
- Your driving plan
- Distractive driving and consequences
- Road rage, aggressive driving, driving courtesy and behavior
- Driving ergonomics
- Vision and speed effects
- Preventive maintenance
- Corrective maintenance
- Periodic maintenance
- Car maintenance strategy and checks
- Drugs / Alcohol and driving
- Distance between vehicles

- Motor Vehicle Act
- Accidental injuries and emergency response
- First-aid
- Case studies

Note:

The course will be equipped with practical examples and video clips.