

## Defensive Driving (on-Road)

**Duration:**

4 hours

**Aim:**

This course is intended for those who drive in connection with their work. It aims to provide key understanding, skills and techniques to avoid collisions, reduce traffic violations and change driver behaviors and attitudes.

**Objectives:**

By the end of the course candidates should be able to;

- Recognise potential hazards and avoid collisions and violations.
- Increase their motivation to change their behind the-wheel behaviors and attitudes.
- Employ coping techniques for dealing with speeding, distracted driving, impaired driving, and hazardous traffic conditions and more.
- Become a more responsible driver who understands best practices to prevent injury and death while driving a motor vehicle.

**Contents:**

- Hazards associated with self, other drivers, pedestrians, weather, tiredness, ergonomics etc
- The "professional" – what it means to take a "professional" approach
- Daily vehicle checks
- Risk controls, including – route planning, driving duration, alcohol and drugs, legislation, dealing with tiredness, speeding, driving for economy and comfort, awareness of other road users, anticipation of other drivers' actions, signaling etc
- Emergency procedures in case of accident.

**Certification:**

The Institute of Health and Safety

NB. This is a theory-only course, but a practical test may be added at an extra cost.