DEFENSIVE DRIVING TRAINING

This 4-hour course is approved by the National Safety Council and provides personnel information and skill development on defensive driving principles, to significantly reduce the potential for the occurrence of traffic accidents (the leading cause of workplace fatalities). This nationally recognized course may assist in both company and student in receiving a discount on insurance.

COURSE OUTLINE

1. Introduction to Traffic Safety
2. Defensive Driving Techniques
3. Rules, Regulations and Responsibility- benefits of defensive driving, anatomy of a crash, child safety, air bags & seat belts, substance abuse effects
4. Driving Conditions- three second rule, skid control, driving environment, anti-lock brakes, proper vehicle maintenance/inspections, fatigue, adverse driving conditions (light, weather, work zones, traffic conditions, driver characteristics)
5. Unsafe driving behaviors- speeding, right of way, passing techniques, head on crashes, tailgating
6. Aggressive driving/road rage
7. TEST

Times: 4 hrs.