



National Safety Council – Defensive Driving Course 4 Hour Course Outline



Prerequisites: This course shall have no formal pre-requisite.

Course Length: 4 hours – Total course time includes breaks.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be twenty-four (24) in the classroom session.

Course Objective

- Delegates will acquire the basic knowledge and techniques to recognize potential hazards and avoid collisions and violation.
- To motivate delegates to change their behind-the-wheel behaviors and attitudes.
- Delegates will learn coping techniques for dealing with speeding, distracted driving, impaired driving, and hazardous traffic conditions and more.
- To provide delegates with an understanding of best practices to prevent injury and death while driving a motor vehicle.

Course Design

- Power Point© / Lecture / Audio Video / Visual Aids
- Demonstrations
- Optional Ride Along Driver Evaluation

Successful Course Completion

- Requires a minimum score of 75% or better.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Delegates will have no more than thirty (30) minutes to complete the exam.
- Successful completion of practical session is mandatory.

Course Content Summary

- Classroom
- Optional Ride Along Driver Evaluation

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)

Course Outline

Session 1 – Driving Defensively in Our Roadway Community

Course Introduction

- Course Guide, Goals, Agenda and Completion



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- Defensive Driving and Our Roadway Community

Stages of a Collision

- 3 Stages of a Collision
- Collisions Cost lives and More

Defensive Driving

- Defensive Driving Definition
- Collision Hazards
- The DDC Collision Prevention Formula
- Safety is Everyone's Responsibility

Occupant Protection Systems

- Occupant Protection Systems Checklist
- Safety Belt and Child Safety Seats
- Children in the Backseat
- Air Bags
- Threat of a Ticket

Vehicle Maintenance

- Types of Vehicle Malfunctions
- Flat Tire or Tire Blowout
- Brake Failure
- Hood Flies Open
- Stuck Accelerator
- Power Steering Failure
- Roadway Emergency Kit

Session 2 – Distracted and Impaired Driving

Cell Phones and Driving

- Research Statistics on Cell Phones and Driving
- Distracted Driver
- Ban on Driver Use of Cell Phones
- Hands-Free No Safer than Handheld



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Texting and Other Distractions

- Texting While Driving a Major Distraction
- Texting Is
 - Receiving Messages
 - Reading Messages
 - Keying
 - Sending Messages
- Driver Distractions
- How to Stop Texting While Driving

Fatigued Driving

- Causes of Fatigue
- Sleep Disorders
- Preventing and Handling Drowsiness
- Medications

Responsibilities of Drivers

- Legal Responsibilities of a Licensed Driver
- Impaired Driving
- Types of Impairment
- Illegal Drugs an Impaired Driving
- Prescription and Over-the-Counter Drugs
- How to Prevent Impaired Driving on Medication
- Combined Drug Use Impact on Driving
- Toxicology (Toxic Testing)

Consequences of Impaired Driving

- Driving Under the Influence
- What to Do if Following an Impaired Driver
- Alcohol-Impaired Driver
- Cost and Consequences of Impaired Driving
- DUI/DWI Effect on Our Roadway Community
- Designated Driver
- Zero-Tolerance Laws

Distracted/Impaired Driver Activity

Session3 – Conditions in Our Roadway Community

Physical Conditions

- Driver Physical Conditions
- New Driver Conditions
- Roadway Conditions



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- Work Zones

Other Users in Our Roadway Community

- Conditions in Our Roadway Community
- Traffic Conditions
- “What If?” Strategy

Aggressive Driving

- Aggressive Driving and Road Rage Definitions
- Activity – Are You an Aggressive Driver?
- Reduce Stress and Aggression Behind the Wheel
- Avoid Aggressive Drivers

Prevent a Collision

- Show You Care about Safety
- How to Act Correctly, in Time

Parking Lots

- Activity – Identify Parking Lot Hazards
- Prevent Parking Lot Collisions
- Selecting a Parking Stall
- How to Park
- Parking Lot Lines and Signs

Handling Bad Weather Breakdowns

- Before You Leave Home
- Kinds of Vehicle Breakdowns
- Bad Weather Survival Kit

Session 4 – Fatal Four Driving Behaviors

Speeding

- What Are the Fatal Four?
- Reasons for Speeding
- Determine the Safest Driving Speed
- Speeding and Alcohol
- Activity – Speeding

Right of Way

- Right of Way Definition
- Delayed Acceleration Technique
- Right of Way and Our Roadway Community



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Driving Left of Center

- Road Lines and Markings
- Reduce Your Blind Spots
- Safe Passing
- Four Rs for Handling a Potential Head-On Collision
- Hit with a Glancing Blow

Conclusion

- Course Goals
- Remember Your World and Our Roadway Community

Practical Session

Ride Along/Driver Evaluations are not offered through the National Safety Council, but they are offered by M&A Safety Services as a service, upon request.

The driver evaluation will evaluate the driver's ability to:

- Wear Safety Belts
- Scan Effectively
 - Scans well ahead
 - Reacts early enough to respond to potential hazards
 - Not surprised by double parked cars, light changes, etc.
- Adjust Speed to Conditions
- Use Horn and Signals
- Maintain a Cushion of Safety
 - Keeps an adequate following distance-on open road
 - Follows proper techniques and distances when passing
 - Keeps an adequate following distance-in congested areas
 - Keeps an adequate following distance-with a tailgater
 - Avoids following oversized vehicles
 - Avoids driving in other drivers' blind spots
 - Is aware of own blind spot
- Position the Vehicle
 - Changes lanes when necessary
 - Moves within the lane to avoid potential hazards
 - Tries to avoid hazardous situations
 - Safely parks the vehicle using recommended approaches and backing
- Use Mirrors Effectively
 - Properly adjust mirrors
 - Checks mirrors frequently
 - Moves in seat to improve sight angle
- Not Rely Solely on Eye Contact
 - Covers the brake in addition to making eye contact
 - Handles jaywalkers properly



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- Handle Intersections Correctly
 - Is not surprised by light changes
 - Checks traffic in all directions before entering intersection
 - Leaves space in front when stopping in traffic
 - Keeps wheels straight while waiting to turn left
 - When in left lane, lags back to allow for off-tracking
 - Follows correct procedures for right-turn-on-red
- Cover the Brakes

Delegate Requirements

- None

Reference Material / Documents

National Safety Council DDC 4 Driver Safety Training Course Guide