



# Defensive Driving Course

## Professional Truck Driver Online 2<sup>nd</sup> edition (4-hour)\*

### Course Content Overview

This course focuses on collision prevention through hazard recognition and application of collision avoidance techniques. In addition, the course also addresses common driving violations that result in collisions, and how to change driving habits to eliminate moving violations.

#### **Introduction**

- Welcome message, course navigation and features, session overview and goals

#### **Session 1 – Defensive Driving Strategies**

- Recognize the need for defensive driving skills to prevent fatalities, injuries and property damage
- Define defensive driving
- Distinguish between preventable and non-preventable collisions
- Identify three factors that contribute to collisions: driver, vehicle conditions
- Explain how to use the DDC Collision Prevention Formula.

#### **Session 2 – Setting a Higher Standard**

- Identify characteristics of professional drivers
- Recognize how a Code of Ethics demonstrates a professional image
- Recognize your responsibility to protect yourself and the monitoring public
- Identify physical and mental driver conditions that can affect driving
- Describe the effects of fatigue on driving performance
- Make informed choices about choosing safe rest stops
- Recognize the benefits of wearing a safety belt and using sleeper berth restraints
- Identify ways to control in-cab driver distractions

#### **Session 3 – Driving Larger Vehicles**

- Perform pre-trip, in-route and post-trip inspections
- Identify unique characteristics and problem points on the vehicle
- Identify the location of the vehicle's blind spots
- Properly adjust mirrors to reduce blind spots
- Explain how to navigate through turns and curves
- Identify factors affecting stopping distance
- Use safe and proper following distances in all conditions
- Determine safe following distance for vehicles at various speeds
- List five steps for backing safely

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### Session 4 – Managing the Lanes

- Identify ways of creating safe driving space and managing lane usage around your vehicle
- Explain the steps in completing a safe pass
- Explain five steps to follow in avoiding a head-on collisions and maintain vehicle control
- Properly set up regulation emergency warning devises

### Session 5 – Handling Driving Conditions

- Identify five driving conditions beyond the control of the driver: light, weather, road, traffic and other drivers
- Explain the three main hazards that results from adverse weather conditions
- Identify defensive driving strategies for avoiding collisions in limited/reduced visibility, traction or space conditions
- Identify defensive driving strategies for avoiding collisions in work zones
- Identify aggressive driver behaviors and determine ways to main self-control behind the wheel

### Post-Test

25 multiple-choice questions, 76% passing score

\* Course length may vary based on participant’s learning pace, course breaks and skill level.