



Defensive Driving Online Course Abridged (2-hour)*

Course Content Overview

This course delivers the most relevant, leading-edge content to motivate and educate your employees to be safe, responsible drivers. In addition, the course delivers the highest level of interactivity, full-course narration, closed captioning, and high definition videos, animated illustrations and gaming exercises. Based on research-driven data and statistics, this course brings the internationally acclaimed content from our flagship classroom course into a convenient, web-based format.

Introduction (10 minutes)

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

Session 1 – It’s All About Choices (15 minutes)

- Define defensive driving
- Explain what it means to be a defensive driver
- Define reasonable action and preventable collisions
- Determine your personal driving profile
- Driving attitudes and behaviors
- List the basic steps in the DDC Collision Prevention Formula
- Explain the “What If?” Strategy
- Quiz Challenge

Session 2 – Ready for the Road (45 minutes)

- List the factors you can control before you start to drive, including your own physical and emotional/mental conditions as well as vehicle condition and maintenance
- Describe the varying physical, emotional, and mental conditions of other drivers
- Occupant Protection Systems
- Explain how to be alert and defensive when sharing the road with other drivers
- Explain how to drive defensively in conditions beyond your control such as light, weather, road conditions and traffic mix
- Quiz Challenge

Session 3 – Don’t Add Insult to Injury (20 minutes)

- Describe the characteristics of impaired, distracted, fatigued and aggressive drivers
- Identify the actions you can take when you experience or encounter these characteristics on the road
- Employ techniques to manage your emotions and behaviors while driving
- Quiz Challenge

(Continued – see side 2)



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Course Content Overview
(Continued)

Session 4 – Success on the Road (20 minutes)

- List the six most unsafe driving behaviors
- Describe the hazards involved with each of these unsafe driving behaviors
- Explain how to safely:
 - Drive within the speed limit
 - approach and proceed through intersections
 - make safe and legal turns
 - complete safe passes
 - determine a safe following distances
- Three second rule
- Quiz Challenge

Session 5 – Driving for Life (10 minutes)

- Control and responsibility as a driver
- Ten habits of defensive driving

Post-test

25 Multiple choice questions, 80% passing score