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COURSE IN DEFENSIVE DRIVING

TARGET AUDIENCE	All persons regardless of age or experience will benefit greatly from this course.
DURATION	7.5 hours
AIM	To improve participant knowledge and attitude whilst driving passenger, light commercial and four wheel drive vehicles under a range of conditions to reduce crashes, lower risk, vehicle running costs and be more aware of environmental issues.
CONTENT	<p>Through structured information and practical sessions the following areas will be covered:</p> <ul style="list-style-type: none"> Risks associated with day to day driving. Speed awareness The importance of tyres and pressures to improve safety, fuel efficiency and tyre life. Seating position, seat belts, air bags and general cabin safety Braking distances and techniques and ABS brakes. Alcohol Fatigue Management. Employing a “system of car control” to prevent loss of control and skidding. Causes of loss of control and skidding Low risk driving and crash avoidance techniques Road law Dealing with other drivers and avoiding conflict.

LEARNING OUTCOME

-  Develop an awareness of how attitude and Risk taking behaviour effect driver Safety and the safety of others.
-  Understand the risks associated with driving and the statistics that support this.
-  Understand the importance of correct tyre pressures and the effect on safety, tyre life and fuel efficiency.
-  Understand the importance of seat belts, along with the securing of loads and the dangers of loose items.
-  Through practical driving manoeuvres develop an awareness of stopping distances and speed. Particularly how the degree of difficulty increases exponentially in relation to actual speed.
-  Learn about the types and causes of skids and how to **prevent** rather than control these situations.
-  Understand the importance of “hand to eye“ techniques when driving.
-  Develop ways to predict potential hazards, identify risk situations and minimise danger. Understand the importance of drivers keeping their vision up and maintaining “safety cushions”.
-  Develop understanding and knowledge in relation to road law and the way the law is interpreted.
-  Learn about the early warning signs of fatigue and how to avoid this serious problem.
-  Understand how alcohol effects drivers.
-  Understand that there are strategies to combat frustration and impatience when driving.