


























Registered Training Organisation (No 2522)

## DEFENSIVE DRIVING LECTURE SESSION

<b>TARGET AUDIENCE</b>	All persons regardless of age or experience will benefit greatly from this course.
<b>DURATION</b>	3.5 - 4 hours
<b>AIM</b>	To improve participant knowledge in 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.
<b>CONTENT</b>	<p>Through structured information and discussion;</p> <ul style="list-style-type: none"><li> Risks associated with day to day driving.</li><li> Speed awareness</li><li> The importance of tyres and pressures to improve safety, fuel efficiency and tyre life.</li><li> Seating position, seat belts, air bags and general cabin safety</li><li> Braking distances and techniques and ABS brakes.</li><li> Alcohol</li><li> Fatigue Management.</li><li> Employing a “system of car control” to <b>prevent</b> loss of control and skidding</li><li> Causes of loss of control and skidding</li><li> Low risk driving and crash avoidance techniques</li><li> Road law</li><li> Dealing with other drivers and avoiding conflict.</li></ul>



## 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.
-  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.
-  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.