

Defensive Driving

Z HSE-23

Duration :

Two Days 10 Hours

Who Should Attend :

All employees

Language :

Arabic, English



Overview :

Defensive driving can be one of those vogue terms like “safety” , this course defines what we mean by staying safe on the road and preventing collisions The course teaches defensive driving techniques to help participants usualize , anticipate and react to the mistakes that other drivers are most likely to make

Topics

The session will comprise a 1 day course in classroom, and another day of practical exercise the following topics will be discussed during the session

- Introduction to safe driving versus defensive driving
- Defensive driving: attitude and behaviour Seatbelts, journey management and pre-trip inspection
- Space management and visual search pattern using the S.P.I.D.A System
- The 30 seconds visual lead time technique and its effective in collision prevention formula
- How to prevent and avoid the head-on collision using the 4 "R"s tactics
- categories of driving condition 6 hours life style and fatigue 24
- Stopping distance and following distance
- The art of passing
- Intersections