



M&A Safety Services

512 Viaulet Road
Youngsville, Louisiana 70592
Main: 337-451-4685
Fax: 337-451-5847
www.masafetyservices.com

National Safety Council – Defensive Driving Course 4 Hour

Course Outline

Prerequisites: This course shall have no formal pre-requisite.

Course Length: 4 hours – Total course time includes breaks.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be twenty-four (24) in the classroom session.

Course Objective

-) Delegates will acquire the basic knowledge and techniques to recognize potential hazards and avoid collisions and violation.
-) To motivate delegates to change their behind- the-wheel behaviors and attitudes.
-) Delegates will learn coping techniques for dealing with speeding, distracted driving, impaired driving, and hazardous traffic conditions and more.
-) To provide delegates with an understanding of best practices to prevent injury and death while driving a motor vehicle.

Course Design

-) Power Point© / Lecture / Audio Video / Visual Aids
-) Demonstrations
-) Optional Ride Along Driver Evaluation

Successful Course Completion

-) Requires a minimum score of 75% or better.
-) Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
-) Delegates will have no more than thirty (30) minutes to complete the exam.
-) Successful completion of practical session is mandatory.

Course Content Summary

-) Classroom
-) Optional Ride Along Driver Evaluation

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)



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Course Outline

Session 1 – Driving Defensively in Our Roadway Community

Course Introduction

-) Course Guide, Goals, Agenda and Completion
-) Defensive Driving and Our Roadway Community

Stages of a Collision

-) 3 Stages of a Collision
-) Collisions Cost lives and More

Defensive Driving

-) Defensive Driving Definition
-) Collision Hazards
-) The DDC Collision Prevention Formula
-) Safety is Everyone's Responsibility

Occupant Protection Systems

-) Occupant Protection Systems Checklist
-) Safety Belt and Child Safety Seats
-) Children in the Backseat
-) Air Bags
-) Threat of a Ticket

Vehicle Maintenance

-) Types of Vehicle Malfunctions
-) Flat Tire or Tire Blowout
-) Brake Failure
-) Hood Flies Open
-) Stuck Accelerator
-) Power Steering Failure
-) Roadway Emergency Kit

Session 2 – Distracted and Impaired Driving

Cell Phones and Driving

-) Research Statistics on Cell Phones and Driving
-) Distracted Driver
-) Ban on Driver Use of Cell Phones
-) Hands-Free No Safer than Handheld



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Texting and Other Distractions

-) Texting While Driving a Major Distraction
-) Texting Is
 - o Receiving Messages
 - o Reading Messages
 - o Keying
 - o Sending Messages
-) Driver Distractions
-) How to Stop Texting While Driving

Fatigued Driving

-) Causes of Fatigue
-) Sleep Disorders
-) Preventing and Handling Drowsiness
-) Medications

Responsibilities of Drivers

-) Legal Responsibilities of a Licensed Driver
-) Impaired Driving
-) Types of Impairment
-) Illegal Drugs an Impaired Driving
-) Prescription and Over-the-Counter Drugs
-) How to Prevent Impaired Driving on Medication
-) Combined Drug Use Impact on Driving
-) Toxicology (Toxic Testing)

Consequences of Impaired Driving

-) Driving Under the Influence
-) What to Do if Following an Impaired Driver
-) Alcohol-Impaired Driver
-) Cost and Consequences of Impaired Driving
-) DUI/DWI Effect on Our Roadway Community
-) Designated Driver
-) Zero-Tolerance Laws

Distracted/Impaired Driver Activity



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Session3 – Conditions in Our Roadway Community

Physical Conditions

-) Driver Physical Conditions
-) New Driver Conditions
-) Roadway Conditions
-) Work Zones

Other Users in Our Roadway Community

-) Conditions in Our Roadway Community
-) Traffic Conditions
-) “What If?” Strategy

Aggressive Driving

-) Aggressive Driving and Road Rage Definitions
-) Activity – Are You an Aggressive Driver?
-) Reduce Stress and Aggression Behind the Wheel
-) Avoid Aggressive Drivers

Prevent a Collision

-) Show You Care about Safety
-) How to Act Correctly, in Time

Parking Lots

-) Activity – Identify Parking Lot Hazards
-) Prevent Parking Lot Collisions
-) Selecting a Parking Stall
-) How to Park
-) Parking Lot Lines and Signs

Handling Bad Weather Breakdowns

-) Before You Leave Home
-) Kinds of Vehicle Breakdowns
-) Bad Weather Survival Kit

Session 4 – Fatal Four Driving Behaviors

Speeding

-) What Are the Fatal Four?
-) Reasons for Speeding
-) Determine the Safest Driving Speed
-) Speeding and Alcohol
-) Activity – Speeding



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Right of Way

-) Right of Way Definition
-) Delayed Acceleration Technique
-) Right of Way and Our Roadway Community

Driving Left of Center

-) Road Lines and Markings
-) Reduce Your Blind Spots
-) Safe Passing
-) Four Rs for Handling a Potential Head-On Collision
-) Hit with a Glancing Blow

Conclusion

-) Course Goals
-) Remember Your World and Our Roadway Community

Practical Session

Ride Along/Driver Evaluations are not offered through the National Safety Council, but they are offered by M&A Safety Services as a service, upon request.

The driver evaluation will evaluate the driver's ability to:

-) Wear Safety Belts
-) Scan Effectively
 - o Scans well ahead
 - o Reacts early enough to respond to potential hazards
 - o Not surprised by double parked cars, light changes, etc.
-) Adjust Speed to Conditions
-) Use Horn and Signals
-) Maintain a Cushion of Safety
 - o Keeps an adequate following distance-on open road
 - o Follows proper techniques and distances when passing
 - o Keeps an adequate following distance-in congested areas
 - o Keeps an adequate following distance-with a tailgater
 - o Avoids following oversized vehicles
 - o Avoids driving in other drivers' blind spots
 - o Is aware of own blind spot
-) Position the Vehicle
 - o Changes lanes when necessary
 - o Moves within the lane to avoid potential hazards
 - o Tries to avoid hazardous situations
 - o Safely parks the vehicle using recommended approaches and backing



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-) Use Mirrors Effectively
 - o Properly adjust mirrors
 - o Checks mirrors frequently
 - o Moves in seat to improve sight angle
-) Not Rely Solely on Eye Contact
 - o Covers the brake in addition to making eye contact
 - o Handles jaywalkers properly
-) Handle Intersections Correctly
 - o Is not surprised by light changes
 - o Checks traffic in all directions before entering intersection
 - o Leaves space in front when stopping in traffic
 - o Keeps wheels straight while waiting to turn left
 - o When in left lane, lags back to allow for off-tracking
 - o Follows correct procedures for right-turn-on-red
-) Cover the Brakes

Delegate Requirements

-) None

Reference Material / Documents

National Safety Council DDC 4 Driver Safety Training Course Guide