

# Defensive Driving

## One Day Highly Interactive Workshop

### Safer Drivers, Safer Roads

Road Safety is the product of a complex system that involves interactions among the vehicle, the environment, and the road user. There are many ways to impact this system, including through road and traffic engineering, traffic legislation, driver training, traffic enforcement and post-crash management. However, amongst all these, the behavior of the road user, and specifically, the behavior of the driver remains one of the most important least well understood, elements of safety on the road.

### Course Objectives

- This workshop aims to ensure that all those who drives regularly.
- Develop a positive attitude to driving and gain an understanding of how personal factors can affect performance.
- Defensive driving skills for preventing fatalities, injuries and property damage
- How driver fatigue/stress affects operating a large truck
- Proper vehicle maintenance and inspection
- How to deal with uncontrollable driving conditions/hazards
- Excellence as it relates to professional truck driving

### Workshop Content Coverage:

Workshop Duration: 1 Days highly interactive session  
[Schedule: 9:30 - 10:45AM / 11 - 1PM / 1:45 - 3:15PM / 3:30 - 5:30PM]

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### Course Outline

- **Introduction:** Problems faced by the drivers in the current road and driving environment – Driving License and its requirements – Causes of Road Traffic Crashes and Violations – Recognising the needs of Vulnerable Road Users
- **Vehicle Maintenance and Inspection:** Understanding Basics – inside and outside the vehicle – Maintenance– Fuel Efficiency – handling techniques – Important components like tyres and performance
- **Traffic Control Devices:** Importance and understanding of Road Signs – Markings and Signals – Recognition – Meaning – Action
- **Factors Affecting Driver Behaviour:** Health – Hygiene – Stress – Fatigue – Hours of Driving – Drunken Driving – Drugs and Medicines
- **Driving Skills:** The Rules of the Road Regulations & the Right of Way – Basics of Defensive Driving & Hazard Perception – Qualities of a Responsible Driver – Handling of Emergencies and Incidents – deal with uncontrollable driving conditions/hazards
- **Code of Conduct on Road:** Lane Discipline – Overtaking, Speeds – Acceleration/Deceleration – U-Turns – Stopping/ Parking – Driver Signals – Night Driving – Mirrors – Moving Off – Tailgating
- **Action Plan**

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### Other Details:

- Payment to be made within 15 days from the date of the invoice.
- All payments must be made by cheque/online transfer etc., drawn in favour of Sieger Training India. Sieger will charge on INR basis only.
- Overseas clients will have to take care of all the training materials directly as briefed by Sieger Training. However, Sieger can procure some (which can be transited) not all, on behalf of the client but any additional charges for custom clearance must be taken care by client only.
- Facilitators Travel, accommodation & Food must be taken care by the client (wherever necessary)
- Clients will have to arrange LCD, Speakers, Mike on their own.
- Cancellation of confirmed programmes shall be intimated one week in advance else 50% of the total charges shall be applicable.
- Client will recognize the intellectual property rights of Sieger Training and such materials are not to be copied without prior written approval of Sieger Training.
- Take all responsible steps to hold all Sieger Training copyrighted materials confidential to Client.
- Guarantee that no training will be conducted using Sieger Training concepts or material is carried out for employees of Client and Client shall not use Sieger Trainer's without the knowledge of Sieger Training Consultants (P) Limited.
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