



Defensive Driving Online Course Abridged (2-hour)*

Course Content Overview

This course focuses on collision prevention through hazard recognition and application of collision avoidance techniques. In addition, the course also addresses common driving violations that result in collisions, and how to change driving habits to eliminate moving violations.

Introduction (10 minutes)

- Welcome message, course navigation and features, session overview and goals

Session 1 – It’s All About Choices (15 minutes)

- Define defensive driving
- Explain what it means to be a defensive driver
- Define reasonable action and preventable collisions
- Determine your personal driving profile
- Driving attitudes and behaviors
- List the basic steps in the DDC Collision Prevention Formula
- Explain the “What If?” Strategy
- Quiz Challenge

Session 2 – Ready for the Road (45 minutes)

- List the factors you can control before you start to drive, including your own physical and emotional/mental conditions as well as vehicle condition and maintenance
- Describe the varying physical, emotional, and mental conditions of other drivers
- Occupant Protection Systems
- Explain how to be alert and defensive when sharing the road with other drivers
- Explain how to drive defensively in conditions beyond your control such as light, weather, road conditions and traffic mix
- Quiz Challenge

Session 3 – Don’t Add Insult to Injury (20 minutes)

- Describe the characteristics of impaired, distracted, fatigued and aggressive drivers
- Identify the actions you can take when you experience or encounter these characteristics on the road
- Employ techniques to manage your emotions and behaviors while driving
- Quiz Challenge

(Continued – see side 2)

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Course Content Overview
(Continued)

Session 4 – Success on the Road (20 minutes)

- List the six most unsafe driving behaviors
- Describe the hazards involved with each of these unsafe driving behaviors
- Explain how to safely:
 - Drive within the speed limit
 - approach and proceed through intersections
 - make safe and legal turns
 - complete safe passes
 - determine a safe following distances
- Three second rule
- Quiz Challenge

Session 5 – Driving for Life (10 minutes)

- Control and responsibility as a driver
- Ten habits of defensive driving

Post-test

25 Multiple choice questions, 80% passing score