## Overview of the **4-Hour** Defensive Driving Course by Session and Lesson



Lesson	Lesson Title	Length	
	Session 1	60 minutes	
1-1	Course Introduction	10 minutes	
1-2	What's in Our Control	15 minutes	
1-3	What Can Happen	10 minutes	
1-4	Defensive Driving and Collision Prevention	10 minutes	
1-5	Occupant Safety and Vehicle Safety Mechanisms	10 minutes	
BREAK		5 minutes	
	Session 2	60 minutes	
2-1	Sharing the Road	10 minutes	
2-2	Hazard Recognition and the "What If?" Strategy	10 minutes	
2-3	Deadly Choice: Speeding	10 minutes	
2-4	Aggressive Driving and Road Rage	10 minutes	
2-5	Deadly Choice: Following Too Closely	10 minutes	
BREAK		10 minutes	

Lesson	Lesson Title	Length
	Session 3	60 minutes
3-1	Deadly Choice: Distracted Driving	15 minutes
3-2	Deadly Choices: Vehicle and Lane Management	30 minutes
3-3	Substance Impairment	15 minutes
	Session 4	60 minutes
	BREAK	5 minutes
4-1	Drowsy Driving	10 minutes
4-2	Recognize the Hazard and Make the Right Choice	10 minutes
4-3	My Driving Habits and Alternative Choices	15 minutes
4-4	My Plan	10 minutes
Fin	al Test and Dismissal	10 minutes





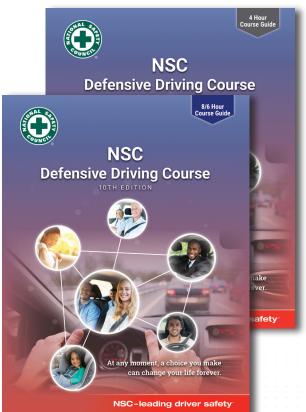
## **Defensive Driving Course**

10TH EDITION

Overview by Course Length
Session and Lesson

Classroom Instruction for:





**The Defensive Driving Course** is the fundamental driver safety training program of the National Safety Council providing learners with core defensive driving knowledge and techniques. The Defensive Driving Course can be delivered in **8-hours**, **6-hours or 4-hours** based on the participant's needs and the organization's training requirements.

## Overview of the **8-Hour** Defensive Driving Course by Session and Lesson



Lesson	Lesson Title	Length
	Session 1	60 minutes
1-1	Course Introduction	10 minutes
1-2	My Current Driving Behaviors	15 minutes
1-3	What Can Happen	10 minutes
1-4	The Choices We Make	10 minutes
1-5	What's In Our Control	10 minutes
BREAK		5 minutes
	Session 2	60 minutes
2-1	Defensive Driving and Collision Prevention	10 minutes
2-2	Who's on the Road	10 minutes
2-3	Hazard Recognition and the "What If?" Strategy	15 minutes
2-4	Occupant Safety and Vehicle Safety Mechanisms	15 minutes
BREAK		10 minutes

Lesson	Lesson Title	Length
Session 3		60 minutes
3-1	Deadly Choice: Speeding	15 minutes
3-2	Deadly Choice: Following Too Closely	15 minutes
3-3	Aggressive Driving and Road Rage	15 minutes
3-4	Deadly Choice: Distracted Driving	15 minutes
Session 4		60 minutes
	BREAK	5 minutes
4-1	Substance Impairment	15 minutes
4-2	Drowsy Driving	10 minutes
4-3	Know Your Traffic Laws	10 minutes
4-4	Recognize the Hazard and Make the Right Choice, Part 1	10 minutes
4-5	Multilane Roads	10 minutes
LUNCH OR END OF DAY 1		

Lesson	Lesson Title	Length
	Session 5	60 minutes
5-1	Deadly Choice: Turning Improperly	10 minutes
5-2	Passing and Overtaking	10 minutes
5-3	Deadly Choice: Driving Left of Center	10 minutes
5-4	Deadly Choice: Violating Right of Way	10 minutes
5-5	Roadway Maintenance and Construction	10 minutes
5-6	Trains and Grade Crossings	10 minutes
	Session 6	60 minutes
	BREAK	5 minutes
6-1	Dealing with Other Road Users	15 minutes
6-2	Recognize the Hazard and Make the Right Choice, Part 2	10 minutes
6-3	Review: Avoiding the Six Deadly Choices	10 minutes
6-4	10 Habits of Defensive Driving	10 minutes
	RRFAK	10 minutes

esson	Lesson Title	Length
	Session 7	60 minutes
7-1	What Happens When	15 minutes
7-2	Vehicle Inspection and Maintenance	10 minutes
7-3	Dealing with Immediate Danger	15 minutes
7-4	Was It Preventable?	15 minutes
	BREAK	5 minutes
	Session 8	60 minutes
8-1	My Driving Habits	15 minutes
8-2	Alternative Choices	15 minutes
8-3	My Plan	15 minutes
Eine	al Test and Dismissal	15 minutes

## Overview of the **6-Hour** Defensive Driving Course by Session and Lesson



Lesson	Lesson Title	Length
	Session 1	60 minutes
1-1	Course Introduction	15 minutes
1-2	My Current Driving Behaviors	15 minutes
1-3	What Can Happen	10 minutes
1-4	The Choices We Make	10 minutes
1-5	What's In Our Control	10 minutes
	Session 2	60 minutes
2-1	Defensive Driving and Collision Prevention	10 minutes
2-2	Who's on the Road	10 minutes
	BREAK	10 minutes
2-3	Hazard Recognition and the "What If?" Strategy	15 minutes
2-4	Occupant Safely and Vehicle Safety Mechanisms	15 minutes
	Session 3	60 minutes
3-1	Deadly Choice: Speeding	15 minutes
3-2	Deadly Choice: Following Too Closely	15 minutes
3-3	Aggressive Driving and Road Rage	15 minutes
3-4	Deadly Choice: Distracted Driving	15 minutes
LUNCH OR END OF DAY 1		

Lesson	Lesson Title	Length
	Session 4	60 minutes
4-1	Substance Impairment	15 minutes
4-2	Drowsy Driving	10 minutes
4-3	Know Your Traffic Laws	10 minutes
4-4	Recognize the Hazard and Make the Right Choice, Part 1	15 minutes
4-5	Multilane Roads	10 minutes
	Session 5	60 minutes
5-1	Deadly Choice: Turning Improperly	10 minutes
5-2	Passing and Overtaking	10 minutes
5-3	Deadly Choice: Driving Left of Center	10 minutes
	BREAK	10 minutes
5-4	Deadly Choice: Violating Right of Way	10 minutes
5-5	Roadway Maintenance and Construction	10 minutes
	Session 6	60 minutes
6-1	Dealing with Other Road Users	15 minutes
6-2	Recognize the Hazard and Make the Right Choice, Part 2	10 minutes
6-3	10 Habits of Defensive Driving	10 minutes
6-4	My Plan	10 minutes
Final Test and Dismissal		15 minutes