

Defensive Driving

COURSE CODE : ZMT-HSE-110



COURSE OVERVIEW	The Defensive Driving Course is a one-day intensive training program designed to equip participants with essential knowledge, skills, and confidence to drive safely in various conditions. The course covers critical aspects of vehicle safety, hazard identification, and local traffic rules, ensuring compliance and operational efficiency for those driving cars, buses, trucks, or any work-related vehicles.
TARGET AUDIENCE	This course is tailored for: <ul style="list-style-type: none"> Line Managers Supervisors Drivers responsible for operating vehicles within the workplace or on work-related tasks
COURSE OBJECTIVES	Participants will learn: <ul style="list-style-type: none"> Identify main hazards encountered while driving Conduct pre-start and post-start vehicle inspections Understand and follow maintenance regimes for vehicles Become a safer driver by adhering to local rules and regulations Recognize and use road signs, signals, and safety devices effectively Drive confidently in challenging weather conditions
COURSE CONTENTS	<ol style="list-style-type: none"> Introduction to Defensive Driving Roles and Responsibilities: <ul style="list-style-type: none"> Employer’s Responsibilities Employee’s Responsibilities Hazards Arising from Driving Vehicle Inspections: <ul style="list-style-type: none"> Pre-Start Checks Post-Start Checks Road Safety Awareness Local Traffic Rules and Regulations Safe Driving Practices: <ul style="list-style-type: none"> Policy on Drug and Alcohol Use Adjustments for Weather Conditions (Night, Fog, Dust) Fines and Penalties for Violations Breakdown Strategies: <ul style="list-style-type: none"> Stopping Distance Reaction Time Advanced Driving Techniques: <ul style="list-style-type: none"> Overtaking Safely Parallel and Reverse Parking Maintaining Following Distances Passenger Safety and Comfort Course Evaluation
DELIVERY MODE	The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities.
DURATION	1 Day



ASSESSMENT CRITERIA

Participants will undergo both practical and theoretical assessments to evaluate their proficiency in defensive driving, vehicle safety inspections, and adherence to traffic regulations.